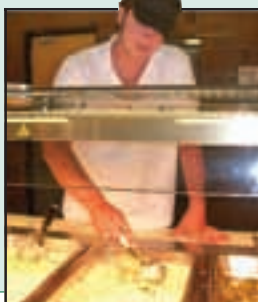


Summer learning
Students enrich their lives and have fun in DoDDS summer program. See pages 16-17.



Last supper
Cooks share memories as they serve last meal at Giessen Dining Facility. See page 18.



Harry Potter fever
Fans turn out in force to pick up copies of latest book. See page 21.



Herald Union



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Serving the military communities of the U.S. Army Garrison Hessen

Aug. 2, 2007

News flash ... News flash

Marcus memorial

A memorial service was held July 30 at Wiesbaden's Hainerberg Chapel for Norman Marcus, 1st Armored Division transformation officer, who died of cancer on July 21. Marcus, age 69, who worked as a Soldier and civilian for the Department of Defense for roughly half a century — the majority in Europe in such places as Heidelberg, Berchtesgaden, Vicenza, Wiesbaden and the Balkans, was remembered as “a selfless servant who loved his wife, his family, his work and the Soldiers of the 1st Armored Division. ...



He never gave any effort less than his all ... everything he had in every way. His intelligence was only exceeded by his huge heart, which beat ceaselessly in arduous pursuit for all that was good for our Soldiers and their families to include his own family, which was the source of his greatest pride. ... He touched many lives and left this world far better because he was here, and leaves a rich legacy of service to others.” Marcus is survived by his wife Sigrid and children Susanne and Frank. (Courtesy of Dr. Robert Schloesser and Rich Gorman)

Legal education program

The U.S. Army Office of the Judge Advocate General

is accepting applications for the Army's funded legal education program to Nov. 1. Up to 25 active duty officers will be selected to attend law school at government expense, pending funding, beginning in the fall of 2008. They will remain on active duty while attending law school. The program is open to second lieutenants through captains who have at least two, but not more than six years of active federal service at the time legal training begins. Interested officers should review Chapter 14, Army Regulation 27-1 to determine their eligibility. Eligible officers should apply immediately and register for the earliest offering of the Law School Admissions Test. Applicants must send their request through command channels, including the officer's branch manager at Army Human Resource Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-10th floor), 1777 North Kent Street, Rosslyn, VA 22209-2194. Contact your local SJA office for more details.

R&R policy change

As of July 13 service members deployed to Operation Iraqi Freedom and Operation Enduring Freedom for 15 months will now receive 18 days of Rest and Recuperation Leave. Those serving one-year tours will continue to receive 15 days of R&R leave. The amended policy is not retroactive. (DoD News)



Photo by Air Force Staff Sgt. D. Myles Cullen

Eyes over Iraq

Gen. David Petraeus (right), commander of Multi-National Force-Iraq, and Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, survey sites from the sky as they fly to the Green Zone in Baghdad, Iraq, July 16. Pace was visiting Iraq to meet leaders, U.S. service members and to assess operations in Operation Iraqi Freedom.

New drunk driving law

Change targets younger and first-time drivers

By Spc. Shane Eschenburg
U.S. Army Europe
Public Affairs Office

German lawmakers have approved a new zero-tolerance law aimed at drinking drivers under 21 years old.

As of Aug. 1 drivers in Germany who have not yet reached their 21st birthdays are subject to a charge of driving under the influence if any level of



Photo by Karl Weisel

A new German law is aimed at stopping younger drivers from drinking and driving.

alcohol is found in their blood while operating a motor ve-

hicle. The same applies to beginning drivers with German driver's licenses, regardless of age, during the two-year probation period that comes with their new licenses.

Hans-Juergen Howoldt, foreign law branch attorney-adviser for the U.S. Army Europe Office of the Judge Advocate, said the main reason the law was enacted is because statis-

See New law on page 3

Tricare data put at risk

By Fred W. Baker III
American Forces Press Service

Data for nearly 600,000 households enrolled in Tricare stored on a government-contractor's unprotected com-

puter server could have been exposed to hackers, defense officials said.

“We take this potential data

See Tricare data on page 5

McKiernan sends: promoting culture of safety

By Gen. David D. McKiernan
U.S. Army Europe
commander



Since my last safety update, U.S. Army Europe has lost three more Soldiers to accidents.

A noncommissioned officer was fatally wounded while taking part in a live-fire exercise in Grafenwöhr. He had rehearsed the exercise plan correctly, but during the actual exercise, he failed to follow the plan as rehearsed. Instead, he passed between a shooter and the target. This was a fatal error and proves that a good plan can go wrong when it is not followed.

One Soldier died in a single-car crash involving two Soldiers. The driver took an exit ramp too fast for the wet road conditions, lost control of the vehicle and hit a guardrail. A vehicle

needs contact friction between its tires and the road surface to speed up, slow down and change directions. With more complex maneuvers, such as braking and turning at the same time, the contact friction is more limited, which makes it more difficult to control the vehicle. It is easier to lose control while braking on a curve, especially when the road is wet. To avoid losing control, anticipate the curve conditions and slow down. If the tires lose contact friction with the road, the vehicle you are in will continue to travel at the same speed and in the same direction it was going when the friction was lost.

A master sergeant was killed in a motorcycle accident. He was riding a new, top-of-the-line motorcycle. At the time of the crash he was estimated to have been traveling at 100 kilometers per hour while the speed limit was 50 kpm. He failed to negotiate a turn, dumped his bike, and slid before hit-

ting a solid object. Riders who step up in power should seriously consider taking the garrison-sponsored Motorcycle Safety Foundation Experienced Rider Course with their new bike.

So far this fiscal year, we have had eight off-duty fatalities in comparison to one on duty. This means that some Soldiers — including some leaders — are not assessing the risks associated with their off-duty activities in the same manner as they do while on duty. To reverse this trend we need to promote an effective and efficient safety culture and establish a single, high standard of what constitutes safe behavior, both on and off duty. We need to examine the differences between how Soldiers plan their off-duty and on-duty activities. We also must examine our participation in these activities in relation to the main causes of accidents: indiscipline, overconfidence, complacency, and insufficient training and experience.

During the remaining summer months we must continue to emphasize water safety. Two videos available through garrison safety offices put the danger of drowning into perspective. "The Reasons People Drown" is a commercial, 25-minute video that provides facts and dispels rumors about drowning. USAREUR has just fielded "European Water Safety" on DVD, which addresses issues unique to recreational swimming in Europe. This DVD is also available through training support centers (PIN A0954-06-0053).

Although the number of fatalities is lower than it was at this time last year, our fatality rate is actually rising because the number of Soldiers in Europe is decreasing.

We all should take a hard look at the differences between our on and off-duty behavior. By making the right choices we can improve our safety posture now and throughout the summer.

Second thoughts

Living, driving in the slow lane has many benefits

Commentary by Susan Huseman
U.S. Army Garrison Hessen Public Affairs Office

Last week I saw a young girl driving a scooter with one hand down the middle of a busy road that merges with an on/off ramp while she punched a text message on her phone with the other. Her bent (but helmeted) head told me she was not watching the road but her phone screen.

I suppressed the urge to flag her down and scream at her for being so stupid, so careless about her life and the lives of others.

And then just yesterday morning in the lane next to me a woman in a van passed a slower moving car, narrowly cut in front of said car, put on the brakes (as if she wanted the other car to hit her from behind) and flashed the offending driver the finger.

These are two examples of blatantly reckless road behavior that, thankfully, did not escalate into serious accidents. These near misses could have affected more people than just the parties involved.

All it takes is a few seconds of distraction or to be in such a hurry that you endanger everyone around you. That's why Germany now outlaws cell phone use while driving; why tailgaters face stiffer penalties.

The U.S. Embassy website says Germany has more traffic volume than any nation in Europe and, as a result, suffers the highest injury-accident rate.

If you drive in Germany you're quite aware of the aggressive nature of German drivers — how a speck in your rearview mirror becomes a gleaming radiator and blazing lights in a matter of nanoseconds; how a car screaming down the highway at 100-plus miles per hour suddenly crosses three or four lanes of traffic to make an exit.

Those all too frequent traffic "Staus" caused by accidents might be avoided if people just slowed down and drove a little friendlier.

A couple of months ago I made a commitment to stay in the right-hand lane. I discovered the joys of driving at 62 mph. I tried 60; it was too slow. Sixty-five

was too fast. But 62 mph is perfect. At this speed I hardly ever have to pass anyone, except maybe big trucks climbing hills.

It may take me a little longer to get where I'm going, but I no longer have sore jaws from gritting my teeth. My fingers aren't stiff from clenching the wheel in an effort to keep up with (or out of the way of) the flow of traffic. I get better gas mileage. And I can also enjoy the beauty of the German countryside.

Across the world there is an emerging "slow" movement. It started with Slow Food in Italy, followed by Slow Cities. Many Japanese cities now call themselves Slow Life Cities.

The obsession with speed takes a toll on our work, diet, health, relationships and environment, according to Carl Honore, the author of "In Praise of Slow." He says by slowing down we can enjoy a richer, fuller life.

I've eased up on the gas pedal and I feel more relaxed and less stressed. Honore is on to something. Slower is often better. And safer.

Did you know? Viral disease affects wild, pet rabbits in Germany

At the end of summer and into the fall many wild rabbits become sick or die of myxomatosis, a severe viral disease, in Germany. Infected rabbits become lethargic and develop lumps and swelling around the head and genitals. The virus is spread by insects such as

fleas, flies and mosquitoes.

Pet rabbits can also get myxomatosis. Those living outside are at greater risk. They should be kept indoors so there is no contact with wild rabbits or insects that spread the virus. An annual vaccine is available at German veteri-

narians. You should also consult a veterinarian for appropriate flea prevention for pet rabbits (flea medications for cats and dogs may not be safe for pet rabbits).

Myxomatosis is a rabbit disease and is not spread to humans. However,

proper hygiene, such as wearing gloves, if handling an ill or dead rabbit should be used. If you find a dead rabbit on post, contact your local Directorate of Public Works Pest Control for removal. (Courtesy of the Wiesbaden Veterinary Treatment Facility)

Herald Union masthead

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Photo by Karl Weisel

Happy birthday ACS

Bill Epprecht, Hanau Army Community Service director, serves cake to Jehan Bostick and Capt. Theodore Williams in observance of ACS's 42nd birthday July 25. "From 1965, when the Army chief of staff directed that ACS be established ... it has evolved into a full spectrum of prevention and education programs for the military," said Epprecht. Describing the dedicated staff and volunteers who work at Hanau ACS, Epprecht said in addition to daily mission requirements, ACS consistently reaches out to Soldiers and families by providing a host of special programs ranging from Month of the Military Child events to coordinating the Army Family Action Plan.

New law

Continued from page 1

tics in Germany show that more young adults are getting in serious accidents, and that many of those mishaps are related to alcohol.

"You only have to read the paper and see that inexperienced alcohol drinkers are underestimating the alcohol content found in German alcohol," said Howoldt.

The standard fine for offenses under the new law is €125, but according to the German catalog of administrative fines, the fine can be increased to €150 if third parties are endangered by the violation, and up to €175 if property is damaged. In some cases the fine could be increased to €1,000, depending on the circumstances surrounding the offense.

If underage DUI offenders are caught with a blood alcohol level of .05 or higher

— the "standard" DUI threshold for drivers in Germany — they face even stiffer penalties, said Howoldt. The fine would be €250 and a potential one-month suspension of driving privileges for the first offense; €500 and a potential three-month suspension for the second and €750 and up to a three-month suspension for the third violation.

Howoldt emphasized that anyone planning to drink alcoholic beverages should not drive, because there are misconceptions about the effects alcohol has on a person's body.

The new law doesn't yet apply to driving on military installations in Germany, but Tom Lorenzini, registrar with U.S. Army Europe Registry of Motor Vehicles, said it is common for military installations to adopt the laws of the host communities.

News flash ... News flash

Hanau IOC operations cease

The U.S. Army Garrison Hessen Installation Operations Center has ceased operations in Hanau. All direct reporting requirements for USAG Hessen will now be handled by the USAG Wiesbaden IOC in Building 1023-N, Room 127A on Wiesbaden Army Airfield. The phone number is mil 337-1490. The Hanau Military Police desk at Building 1201 on Yorkhof Kaserne will handle all emergency requirements for the Hanau area. (USAG Hessen DPTMS)

Motorcycle safety training

Motorcycle Safety Foundation training classes will be offered on Hanau's Pioneer Kaserne at the Motorcycle Safety Foundation Range again starting Aug. 10. To register for the MSF course call the U.S. Army Garrison Hessen Safety Office at mil 322-1470.

Possible botulism in chili

The U.S. Food and Drug Administration warns consumers not to eat two products sold at Defense Commissary Agency stores in Europe because of possible botulism contamination. The products are Castleberry Hot Dog Chili Sauce (UPC 3030000101) and Castleberry Chili with Beans (UPC 3030001015). These cans are marked with "best by" dates of April 30 to May 22, 2009. Patrons who have any of these products should stop using them, empty the contents in the trash, take the

product label off the can and return the label to the store where it was purchased for a full refund. Consumers can also call Castleberry at civ (888) 203-8446 if there are any questions. (DeCA news release)

1st AD assistant named

Col. Raymond A. Thomas III has been named to assume duties as assistant division commander for 1st Armored Division. Thomas is currently serving as chief of staff, Joint Special Operations Command, at Fort Bragg, N.C. (DoD News)

AAFES expands recall of Soldier Bear toys

The U.S. Consumer Product Safety Commission, in cooperation with the Army and Air Force Exchange Service, is recalling additional Soldier Bear toy sets manufactured by Toy Century due to high levels of lead in the surface paints used on the toys. Recalled sets include the H.E.R.O.E.S. Dino Mega Cruiser, Universal Product Code 498567000474; Dinosaur Adventure Set, UPC 698567910681 and 698567910742; Wild Animal Adventure Set, UPC 698567910742; H.E.R.O.E.S. Vehicle Play Set, UPC 698567859393. Consumers should immediately take the toys away from children and return the product to the nearest AAFES store for full refund. For additional information call AAFES at civ (800) 866-3605 anytime or visit www.aafes.com. (AAFES Public Affairs)

Travel safe in Germany

The *Stars and Stripes* Road Guide is available at Army and Air Force Exchange Service stores, car care centers and gas stations, vehicle registration and driver's testing offices. The guide contains travel and safety tips, a map of Germany and emergency phrases. (Stars and Stripes Marketing)

Easy-Bake ovens recalled

Hasbro Inc., in cooperation with the U.S. Consumer Product Safety Commission, is recalling its Easy-Bake oven, model number 65805. Consumers should immediately take the toy away from children and call Easy-Bake for instructions on how to return the oven for a voucher toward another Hasbro product. For additional information contact Easy-Bake at civ (800) 601-8418 or visit the firm's website at easybake.com. (AAFES Public Affairs)



Photo by Susan Huseman

Fun in the sun

Three-year-old Ashley Krause beats the heat by playing in the water with neighbors on New Argonner Kaserne July 16. The temperature reached 92 degrees Fahrenheit in Hanau.

USAG Hessen blotter

Compiled by the U.S. Army Garrison
Hessen Directorate of Emergency Services

July 9

Hanau: An officer was charged with a traffic accident with damage to private property after the officer swerved to avoid a deer and lost control.

July 10

Baumholder: A Soldier was charged with the possession and use of marijuana after testing positive for the presence of THC in a command-directed urinalysis test.

July 11

Wiesbaden: A Soldier was charged with the wrongful possession of marijuana after the Soldier failed to report for duty. During a search for the Soldier, the odor of what was believed to be marijuana was detected coming from the Soldier's barracks room. The room was searched and three grams of marijuana were found in a footlocker.

July 12

Baumholder: A Soldier was charged with the possession and use of marijuana after testing positive for the presence of THC in a command-directed urinalysis test.

July 13

Hanau: A Soldier was charged with owning an unregistered vehicle after the Soldier's privately owned vehicle was spotted with an expired registration sticker.

July 14

Wiesbaden: A Soldier was charged with drunken driving, fleeing the scene of a traffic accident, traffic accident with failure to maintain control and with speed too fast for road conditions, after the Soldier was involved in two separate accidents and fled the scene of both.

July 15

Wiesbaden: A Soldier was charged with owning an unregistered vehicle and failure to obey a regulation after Military Police observed the Soldier's vehicle with only one license plate and an expired registration decal.

July 16

Hanau: A family member was charged with larceny of AAFES property, conspiracy and civilian misconduct, and a Soldier was charged with larceny of AAFES property and conspiracy, after AAFES security observed the youth take three bandanas and conceal them in his pants pocket while the Soldier attempted to block the youth's activities from view. They then left the store without paying for the merchandise.

July 17

Baumholder: A Soldier was charged with AWOL after he failed to report to his place of duty at 4 p.m. July 11.

July 18

Wiesbaden: A Soldier was charged with a traffic accident: following too closely after the Soldier, while operating a privately owned vehicle, struck another vehicle.

July 19

Baumholder: A Soldier was charged with AWOL after he failed to report to his unit at 6:30 a.m. July 17.

July 20

Wiesbaden: A Soldier was charged with negligent discharge of a firearm after the Soldier, during a guard duty shift change, drew a pistol and noticed the hammer fully cocked. The Soldier placed the weapon on safe, causing the hammer to fall and a round to be discharged.

July 21

Hanau: Two Soldiers were charged with simple assault consummated by a battery after they pushed one another.

July 22

Baumholder: An officer was charged with traffic accident resulting in personal injury, damage to host nation and private property and failure to maintain control after the officer, while operating a privately owned vehicle, lost control, crossed the center line and struck a vehicle.

JROTC camp challenges physical, leadership skills

By Bilyana Atova
U.S. Army Garrison Grafenwöhr
Public Affairs Office

Asked what challenged her most during a Junior Reserve Officer Training Corps event, Alex Melendez responded in standard teenage fashion: "waking up early." Her follow-up comment, however, shows a growing maturity.

"Also, it's me being a leader, to have control and to make my platoon listen to me," Melendez said. "I like to take care of them."

Melendez, a student at Baumholder Middle/High School, was one of 117 cadets from 21 Department of Defense Dependents Schools in Europe participating in a 10-day JROTC Cadet Leadership Challenge in Grafenwöhr this summer.

The camp is part of the Army JROTC program, which prepares high school students for leadership roles by educating them about their rights, responsibilities and privileges as U.S. citizens.

Retired Maj. David Schwab, a senior JROTC instructor, labeled JROTC classes different from typical school courses as they "put more brainstorming and teamwork techniques to use."

The annual camp tests cadets physically and mentally in an entertaining environment. Coached by professionals, the teenagers mastered a number of challenges: drown-proofing exercises, canoeing, ropes course, rappelling and climbing, leadership-reaction obstacle course and urban orienteering.

Additionally, cadets rotated their ranks daily. "Some days they were followers, some days leaders," said Maj. Bob Hase, director of Army Instruction for DoDDS-Europe JROTC.

The resulting teamwork and emotional support proved crucial to completing each task successfully.

Of course, it certainly helped that each undertaking was akin to teenage adventure.

"I liked canoeing because of the rapids," said Bryan Michel, from Naples American High School in



Photo by Maj. David Schwab

Hanau High School's Lisa Martin (from left), Tyler Perry of Vicenza High School and Eric Perez, a student at Ansbach High School, help Brian Jaovis, Heidelberg High School, climb a five-meter wall at the JROTC Cadet Leadership Challenge in Grafenwöhr.

Italy. "I have never done something like that before."

"The high rope course was really challenging because I am afraid of heights," said ShaQuana Harmon, a second-year cadet from Vilseck High School. "But I didn't want to give up — so I did it."

"When I went up there, I panicked; I thought I am going to fall," admitted Melendez after completing the rope course. "Everyone looked like little ants, but it also felt like, 'Oh, my God, I did it.'"

And, for the first time, cadets rappelled from a 60-foot tower normally used by Soldiers who train on Grafenwöhr's vast training grounds.

The tower has two levels, with the teens rappelling from both. "The small one was scarier," said Ledesma, "because it is the first time you are doing it. You see the wall, you get nervous, but then it is all fine."

During the 10-day challenge, participants lost most of their hi-tech conveniences — Internet, iPods and cell phones.

"We (even) took their candy when they arrived," said Schwab, noting that the cadets substituted sodas for healthier drinks such as milk, water and juice.

And as for sleeping in late, that had to wait until returning home.

Retiree corner

Tricare benefits when you retire

As a uniformed service member and sponsor, you should understand the way you and your eligible family members experience the Tricare benefit on active duty changes when you retire.

Here a few things to keep in mind as you get ready to retire and prepare to make decisions about health care coverage in retirement.

- Keep DEERS information up-to-date to ensure



eligibility isn't lost; make sure dependents get their ID cards renewed in a timely manner.

- Retirees who pay Prime enrollment fees can make payment with monthly allotments drawn from the following retirement accounts, only: Defense Finance and Accounting Service, Coast Guard, Public Health Service.

- If retirees have any specific questions or need assistance in getting Tricare information, they should call or visit their local Tricare Service Center or contact the regional managed care support contractor where they reside.

Last Soldiers to bid farewell in Büdingen

Flag to come down at Armstrong Barracks Aug. 15

Story and photos by Ute Wolf

U.S. Army Garrison Hessen Public Affairs Office

It's the final countdown for Büdingen. After 62 years of American presence, the last U.S. Soldiers and family members will leave Armstrong Barracks on Aug. 15. In a small ceremony, remaining members of the 1st Squadron, 1st Cavalry Regiment will lower the flag and bid their farewells.

Maj. Daniel Davis, one of 35-40 Soldiers who will stay until the very end, said on July 23 that 208 Soldiers and an estimated 100 family members are still on post. "Most family members have already left," he said, "and more people are leaving every day." According to Davis, everybody will be gone by Aug. 15. He is shipping out to Fort Bliss, Texas, the next day.

"The drawdown started slowly in the beginning of this year," Davis said. "As recently as March we had about 680 Soldiers and another 1,200 family members on post. Starting in January the Army stopped sending us new Soldiers. But it wasn't until June that the first large flow of



Movers clear out buildings on Büdingen's Armstrong Barracks in preparation for the final farewell on Aug. 15.

people left," he recounted.

"You could really tell that lots of people had left when the motor pool was suddenly empty, because it has always been a very busy place," said Staff Sgt. James Seaton, who is in charge of personnel. "Then there are the reduced hours of the service facilities and the fact that the shoppette and the PX merged."

Even though few people remain at Armstrong Barracks, facilities such as the restaurant and shops will stay open until the last person has left the post. Greg Martin, sales associate of the Büdingen Post Exchange, said that the shoppette and PX are scheduled to stay open until Aug. 31. "It's just in case

anybody remains on post, because there are Soldiers who are experiencing problems with shipping out."

'Like family'

"We are all really sad about having to leave this place," said Spc. Jason McAllister, who has been stationed in Büdingen for a year and is transferring to Fort Stewart, Ga. "One reason is that because this post is so small, everybody here is like family."

"It's the last squadron-sized unit in the Army that occupied an entire post and I think therefore we had a special camaraderie here," said Davis. "It's a bitter pill to swallow, to see such a highly trained and fo-

cused unit dissolve into thin air. It's hard to see all the tanks leave and the Soldiers being shipped out to places all over the world. This is a real loss of quality for the Army."

Asked about the future of the 1-1st Cav, which was officially inactivated on April 24, Davis said, "I expect it will stand back up in 2009 in Fort Bliss as a part of the 2nd Brigade, 1st Armored Division, as soon as that unit comes back from Iraq. However, that will be at least another two years."

Signs of transformation are evident everywhere on post. Pieces of furniture stand outside deserted buildings waiting to be picked up, moving vans are parked everywhere on the compound, busy Soldiers are cleaning out buildings, bulk waste is piling up on an empty parking lot and the snack hut is being dismantled.

"That is what most of the remaining Soldiers do all day," McAllister explained. "They are moving out furniture or do area beautification, like cutting grass and bushes. We want to make sure this place is in good shape when we leave."

What will become of Armstrong Barracks has not been decided. After the Army leaves, the compound will be handed over to the German Federal Assets Office known

as Bundesanstalt für Immobilienaufgaben. If Büdingen wants to use the property it will have to buy it from BIMA.

"We encourage public participation," said Büdingen's mayor Erich Spamer in an interview. "All the citizens of Büdingen are invited to bring in their ideas and recommendations on how to make use of the newly gained area. We will

collect these ideas and present them to the town councilors in order to make a decision."

One of the ideas, he said, is to turn the former post into a recreational area; another is to build upscale housing on the compound.

"The future will show what happens," the mayor said. "In any case we are truly sorry to see our Soldiers leave Büdingen. We will miss them sorely."

The mayor speaks from personal experience. His daughter is married to an American officer. The couple was transferred to the United States earlier this year.



Maj. Daniel Davis

Tricare data

Continued from page 1

compromise very seriously," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "The risk has been identified as low, but as a result of this unfortunate event, the Department of Defense is ensuring that steps are taken to keep affected beneficiaries informed."

Beneficiaries' names, addresses, Social Security Numbers, birth dates and some health information was stored on a computer server that was not using a firewall and did not have adequate password protection, Tricare Management Activity officials said.

Officials disabled the server in May, and it is no longer used. Forensic analysis of the server found no evidence that any beneficiary information was compromised, said Leslie Shaffer, assistant

privacy officer at the activity.

Science Applications International Corp. maintained the data in Shalimar, Fla., and used it to process several military health care contracts, including those for customers in the Army, Navy, Air Force and Coast Guard.

The server allowed for File Transfer Protocol transmissions of the data to its contract customers.

This is the first time SAIC has violated Defense Department computer security procedures, Shaffer said.

The Tricare security breach was discovered after contract customers reported non-secure transmissions of data. SAIC is investigating and some employees have been placed on administrative leave pending the outcome, a company release stated.

"I can assure you that the individuals responsible for managing that server were not following standard operating procedures. DoD has very strict guidance on how we protect sensitive data," Shaffer said.

Since May, SAIC has been processing the data, matching it with contact information so the beneficiaries could be notified.

"We're taking precautions to do everything we can within DoD, Health Affairs and the Tricare Management Activity to ensure that our beneficiaries are notified," Shaffer said. "We have been working closely with SAIC to ensure all our procedures are being followed."

DoD and SAIC are mailing letters to beneficiaries whose data was put at risk. An incident response center has

been set up to field customer's toll-free calls and information is available through a website for those who suspect identity theft, or who want to protect themselves from identity theft.

Beneficiaries who were put at risk are also being offered a free, one-year subscription to an identity restoration service, she said.

"I think anyone who receives a letter should take the protections that are necessary to ensure their data has not been compromised," she said. "Those numbers are available. I would recommend that the beneficiary use those numbers."

The incident response center can be reached toll free within the United States at civ (888) 862-2680, or collect at civ (515) 365-3550 from outside the United States.



Community members throughout U.S. Army Garrison Wiesbaden line up at tables to register as bone marrow donors during a bone marrow drive at the Wiesbaden Fitness Center July 20. Left: Sherri Davenport uses a cotton swab to swipe the inside of her cheek as her son, Justin, prepares the next swab during the drive inspired by Briarra Manis, a 5-year-old diagnosed with leukemia in May.

Donation myths and facts

Myth: Marrow donation is painful.

Fact: Marrow donation procedures are done under general or regional anesthesia so the donor experiences no pain during the collection procedure.

Myth: Pieces of bone are removed from the donor.

Fact: Marrow donation involves transplant of the liquid marrow found inside the bone. No pieces of bone are removed from the donor. During a surgical procedure in an operating room, special hollow needles are used to withdraw liquid marrow from the donor's pelvic bones.

Myth: No anesthesia is used for marrow donation.

Fact: Marrow donation procedures are always done when the donor is under general or regional anesthesia. Sometimes television shows or movies confuse marrow donation with a bone marrow biopsy. A biopsy is a diagnostic procedure performed on patients, not marrow donors. Bone marrow biopsies are not the same as marrow transplants.

Myth: All marrow donations involve surgery.

Fact: Some donations involve surgery and some do

not. Donors may be asked to donate marrow, which is a surgical procedure, or peripheral blood stem cells. PBSC donation is a non-surgical procedure done in an outpatient clinic and involves removing a donor's blood through a sterile needle in one arm. The blood is passed through a machine that separates the cells used in transplantation. The remaining blood is returned through the other arm. A doctor will decide which method is best.

Myth: Marrow donation involves a lengthy recovery process.

Fact: Marrow donors can expect to feel some soreness in their lower back for a few days or longer. Donors also have reported feeling tired and having some discomfort walking. Most donors are back to their usual routine in a few days. Some may take a few weeks before they feel completely recovered.

Myth: Marrow donation weakens the donor.

Fact: A donor's marrow is completely replaced within four to six weeks. After donating, most donors are back to their usual routine in a few days. (Provided by www.marrow.org)

Bone marrow drive

Hundreds turn out to help save life of 5-year-old leukemia victim

Story and photos by
Cassandra Kardeke
U.S. Army Garrison Wiesbaden
Public Affairs Office

Who would have thought that just a cotton swab swipe of the mouth could potentially lead to saving another's life?

But that is just what hundreds of Wiesbaden community members did in the hopes of not only saving a local 5-year-old girl's life but others as well during a bone marrow drive at Wiesbaden Army Airfield Fitness Center.

Briarra, daughter of Staff Sgt. James Manis of the 1st Military Intelligence Battalion, was initially diagnosed with acute lymphocyte leukemia May 11 at the Mainz University Clinic that was later confirmed at Landstuhl Regional Medical Center. Since then the family has been returned to the United States so that Briarra could receive treatment at Walter Reed Medical Center.

"Leukemia has become a new word for our entire family ... this has become a total life changing event," Manis said in an email.

Although the family is now in the United States, Eva Creel, the unit's Family Readiness Group leader, decided to set things in motion here by hold-

ing a bone marrow drive through the C.W. Bill Young Department of Defense Marrow Program.

"We try to hold regular drives, but sometimes many communities don't support it unless it directly affects them," said Stefanie Robinson, European coordinator for the program. Based out of Stuttgart, Robinson explained that although she briefs community and health clinic commanders regularly, it's not really until someone in that community is affected that a push for a drive is done.

"Smile, this is for Briarra," Creel said, as she snapped a picture of potential donors swabbing their own cheeks during the drive. "I'm making a yearbook for her so she can see that although she is so far away we are all here doing what we can to help."

Briarra's doctors say she is handling treatment well and may not need any bone marrow at all, but with the thoughts of someone in need so close to home and the effort of Creel, hundreds more are now added to the list of donors.

"My family wishes to express their thanks to everyone who has been a part of my

daughter's care and treatment," Manis said in an email.

"The actions displayed by these and other individuals during this tremendously ugly and heartbreaking experience has brought back to the surface the truthfulness behind the military motto of 'We Take Care Of Our Own' and we are and will be forever thankful."

The marrow donor program was established in the Department of Defense in 1990. Named after Congressman C.W. Bill Young who initiated and supported the development of the National Marrow Donor Program, DoD established the C.W. Bill Young Department of Defense Marrow Donor Center in Washington, D.C., to support DoD volunteer marrow donors.

When a match is found, the donor is contacted to see if he or she wishes to participate. The transplant therapy is used to treat as many as 70 different potentially fatal diseases that can be cured by replacement of diseased marrow from a healthy donor.

To schedule a bone marrow drive in your area contact Stefanie Robinson at civ (0160) 518 5645 or visit the DoD website at www.dodmarrow.com.

Runners wanted

By Cassandra Kardeke
*U.S. Army Garrison Wiesbaden
Public Affairs Office*

Wiesbaden city officials have invited U.S. personnel to again participate in this year's 25-hour run to be held Sept. 15-16 at the Kurpark in



Photo by Anemone Rueger
A runner for the 1st AD team puts meat on the grill for other racers and family members during the run.

Wiesbaden.

"Don't let the name intimidate you. You're not running for 25 hours straight," said Maj. Thomas Pagel, who ran in last year's event for the garrison team. In fact, only one person per team needs to be running on the track at any given time.

"Last year we had a couple of teams participate from 1st Armored Division and the garrison, and we are hoping to have more teams participate this year," said Anemone Rueger, garrison public affairs officer.

Teams must consist of at least 10 people and are open to Soldiers, civilians and family members. Food and beverages are provided by the city's Sports Office, as well as showers and camping locations throughout the park.

"It was a blast. We not only got to spend the time together as a unit but also with our host nation neighbors," said Sgt. 1st Class Raymond Baum, who

also ran for the garrison team last year.

Events such as these are great to enhance German-American relations as well as getting Americans out into the local economy and making new friends, Rueger said.

"The atmosphere was more like a county fair than a sporting event, and when we weren't running we visited other camps or welcomed the other teams to our camp," Baum said.

Units or organizations wishing to form teams and participate should call the Public Affairs Office at mil 337-5772 or civ (0611) 705-5772.

Staff Sgt. Robson Almen runs the final leg of last year's 25-hour run held at the Kurpark in Wiesbaden. Runners and teams are sought for this year's race to be held Sept. 15-16.

Photo by Cassandra Kardeke



Hantavirus present in Germany

By Capt. Matthew Perry
*Medical Service Corps environmental
science officer*

The Robert Koch Institute (the German equivalent of the U.S. Centers for Disease Control and Prevention) and the State Health Department in Stuttgart recently reported an alarming increase in the number of people infected with the rodent-borne disease known as Hantavirus.

The Institute reported that between January and April there was a 400 percent increase of cases in Germany for the same period from 2001 to 2006.

Consistent with previous years, the federal state of Baden-Wuerttemberg reported the vast majority of the cases seen this year (127). Bavaria accounted for the second highest case rate at 19 cases. Of the 164 people who fell ill to this disease, 77 percent were men between the ages of 30-59 years old. There were no cases of the disease seen in children younger than 10.

Hantavirus disease is a general term that describes a group of about 25 different viruses of the same family, each generally associated with a single rodent species. Here in Germany and

throughout Europe, the Puumala virus is the main virus, and it prefers to infect the bank vole rodent.

Symptoms

The disease affects may be different from person to person, but the most common symptoms are an abrupt onset of fever, headache, vomiting, diarrhea or constipation, a red throat and pain in the stomach and back. If left untreated, the disease can damage the kidneys and eventually the brain, ultimately leading to death.

The virus is transmitted to people when they accidentally inhale the fine spray or dust from the feces, urine or saliva of the bank vole. There is no vaccine against the Puumala virus, but there are treatment options available and usually the fatality rate is less than

one percent.

Because there is a direct relation to the number of people infected and the size of the bank vole population, the best way to prevent infection is to reduce or eliminate the rodent population near work, play and living areas.

There is speculation that the increase in cases this year may be due to the unseasonably warm weather this past winter. This may have allowed more rodents to survive and breed earlier.

What to do

Avoid places where the bank vole lives such as forested areas, broadleaf woodlands, scrublands and hedgerows. They feed during the day on grasses, seeds, fruits, and some insects and worms. If food becomes scarce in an area, they can climb trees and eat the bark.

They build nests in small shallow tunnels or directly on the ground. Nests are made of soft material like grass,

moss, leaves and feathers. Bank voles do not usually go much farther than about 50 yards from their nest and will mark their territory with their urine.

What to do outdoors

Camping or hiking in areas with reports of Hantavirus infections put you at a higher risk of exposure to the virus. Take these steps to minimize this risk.

- ✓ Before occupying abandoned or unused cabins, open them up to allow them to air out.
- ✓ Inspect the cabins for signs of rodents. Do not use if you suspect they have been infested by rodents.
- ✓ Do not sleep outdoors near rodent burrows, woodpiles or garbage areas.
- ✓ Do not disturb rodents or their burrows and nests.
- ✓ Avoid sleeping on the bare ground; sleep on a mat or cot.
- ✓ Store food in a rodent-proof container.
- ✓ Discard waste items in an appropriate covered recycle/refuse container to avoid creating harborage areas for rodents. (*Source: www.cdc.gov/mill1.sjlibrary.org/ncidod/dvrd/spb/mnpages/teach.htm#hps_hiker*)



Beating the heat with AC units

Ensure approval, proper installation for air conditioners

Although this summer has been atypically cool, there have been several weeks of exceptionally hot weather.

Accordingly, many people — especially new arrivals accustomed to the creature comforts of U.S. housing — are considering the purchase and installation of air conditioners to beat the heat in their gov-

ernment-owned or leased quarters.

Installation Management Command-Europe wants all residents to be aware of specific guidance concerning responsible and safe installation and operation of AC units in government quarters.

First and foremost: Only floor-mounted units with a flex-

ible hose are authorized for use. Residents are prohibited from installing any window-mounted air conditioners because of the risk of them becoming a falling hazard, and the fact that German-style windows are not designed to handle them.

Furthermore, floor-mounted air conditioners that

have fan coils are also not authorized due to the risk of electrical shock, particularly to children. Occupants who install these types of air conditioning units must remove them. People failing to do so are subject to a safety violation citation.

Some quarters have not undergone housing modernization and lack upgraded electrical systems. Therefore they cannot sustain the electrical loads of modern, larger AC units. To ensure the safety of all building occupants, residents must seek approval from the Directorate of Public Works for any portable AC units (floor units) that exceed a power rating of 1,500 watts (most popular models of portable air conditioning units, whether purchased on or off post, usually have a rated cooling capacity of 3,500 watts).

Use of extension cords is also prohibited because of the potential fire hazard they pose. Air conditioners must only be positioned so that they plug directly into a fixed outlet.

While using approved and properly-installed portable AC units, residents are also responsible for the following:

- * Installing and maintaining the unit, along with any costs associated with removing it and restoring the windows to their original condition.

- * Paying to repair any damages to the building resulting from AC installation, use or removal.

- * Buying Plexiglas or plywood needed to fill the gap in open windows where vents are used. Cutting and fitting such material to fit the space left when a window remains in the full open position. Cutting a hole or slot into the material to snug-fit a flexible hose in without damaging the window screen.
- * Ensuring no ventilation holes are punched in walls for exhaust pipes.

- * Removing AC window vent when the air conditioning season ends.

- * Not connecting more than one unit without contacting the garrison DPW.

Finally, given it is estimated that the U.S. government incurs an average cost of \$10 per day for each unit in operation, residents are urged to be good stewards of the environment by applying responsible energy conservation practices in the use of their units.



Photo by Joseph Harris III

A day of climbing

Wiesbaden Outdoor Recreation staff teamed up with Child and Youth Services and brought youths attending summer camp to climb the rock wall at the Wiesbaden Fitness Center. Both organizations join forces throughout the year to offer trips and activities such as canoeing, fishing and hiking. Stop by Outdoor Recreation or CYS Central Registration to learn more about adventure activities.



Photo by Rob Martinez

Soldiers train in Arizona

Soldiers from Company A, 1st Military Intelligence Battalion, graduated from a two-month training course on the MQ-5B Hunter Unmanned Aircraft System at Fort Huachuca, Ariz. Standing on the far left of the aircraft is Staff Sgt. Robert Sippio, maintenance platoon sergeant. Pfc. Michael Birtch, UAS mechanic, stands with his left hand on the forward engine. (Courtesy the Fort Huachuca Public Affairs Office)

Community news notes

Quartermaster Laundry

The Quartermaster Laundry has moved to Building 1039 next to the Central Issue Facility on Wiesbaden Army Airfield.

Well woman exams

With the assistance of two female practitioners from Landstuhl, Wiesbaden Health Clinic will hold a well woman exam day Sept. 13 for all Tricare beneficiaries. To schedule an appointment call mil 337-5226 or civ (0611) 705-5226.

Health Clinic closure

The Wiesbaden Health Clinic will only be open from 7-10 a.m. Aug. 17 and will be closed the rest of the day for Organization Day activities.

School physicals

The Wiesbaden Health Clinic hosts free school and Child and Youth Services sports physicals Aug. 23. No appointment is necessary; however, appointments are blocked by last names. Those with names starting with A-E from 8-10 a.m., F-L from 10-11 a.m., M-R 11 a.m. to noon and S-Z from 1-2 p.m. The physicals are for children age 5 and up. Parents must bring their child's immunization records.

Contract positions

U.S. Army Garrison Wiesbaden Religious Support Office has several contract positions available to include musicians, religious education coordinators and a Catholic parish coordinator. For more information call mil 335-5174 or civ (0611) 408-0174.

German classes

The United Services Organization offers German 1 classes at the USO Cottage in Hainerberg Housing every Monday from Sept. 17 to Nov. 19 from 9:15-11:45 a.m.; and every Thursday from Sept. 13 to Nov. 29 from 6:15-8:30 p.m. Level 3 classes will be held Tuesdays from 9:15-11:45 a.m. Sept. 18 to Nov. 13 and Level 4 classes will be held Mondays Sept. 10 to Nov. 26 from 6:15-8:30 p.m. and Sept. 17 to Nov. 19 from 9:15-11:45 a.m. To sign up or for more information call mil 337-6249 or civ (0611) 705-6249.

Ballroom dancing

The United Services Organization offers ballroom dancing lessons for beginners to advanced. To sign up or for



Photo by Cassandra Kardeke

Hi-tech display at airfield

Alwin Puschmann of Smart Technologies explains the functions of a Smart Board, an interactive white board used in presentations, to Pvt. 1 Jeremy King, 1st Armored Division Special Troops Battalion, during a Technology Expo at the Community Activity Center at Wiesbaden Army Airfield July 20. The annual expo focuses on the latest technological advances.

more information call mil 337-6249 or civ (0611) 705-6249.

Victory Point open

Victory Point Bar, located at the Community Activity Center, Building 1011, is open Tuesday through Saturday. Come out for Karaoke on Thursday, Salsa on Friday and a live DJ Saturday from 7 p.m. to 2 a.m.

College enrollment

Central Texas College offers courses in criminal investigation, computers in hospitality, criminal justice, early childhood education and a Microsoft certification program. Registration for Term 1 is through Aug. 10. Courses will run Aug. 20 to Oct. 13. For more information on these and other available programs stop by the CTC field office in the Wiesbaden Education Center, Building 1023E or call mil 337-5561

or civ (0611) 705-5561. Registration for Term 1 at University of Maryland University College will be held Aug. 6-17 with courses beginning Aug. 20. A list of courses and programs available can be found online at www.ed.umuc.edu.

Girl Scout Twilight Camp

The Wiesbaden Girl Scouts host Prairie Days Girl Scout Twilight Camp Aug. 20-24 at the Girl Scout hut in Aukamm Housing. The camp will run Monday to Friday beginning at 6 p.m. For more information call civ (0614) 4336 140 or send email to gooderhamfam@tks-net.com or kris.watson@us.army.mil to reserve a spot.

DCC officer elections

The Dexheim Community Club will elect new officers Aug. 21 at 6 p.m. in

the Dexheim Elementary School gym. All board and committee positions are available. If you are interested in a position or would like to join call (06732) 932 683 or send email to mle620@yahoo.com.

Lamplighter's Bazaar

The Lamplighter Bazaar returns Sept. 21-23 bringing European shopping to Wiesbaden Army Airfield. Patrons can shop for antiques, jewelry, Italian and Polish pottery, wine and cheese, baskets and more. The event will be held in Hangars 1035 and 1036. Sept. 21 from noon to 7 p.m., Sept. 22 from 10 a.m. to 7 p.m. and Sept. 23 from 11 a.m. to 5 p.m.

Youth golf class

Celebrating its 50th anniversary, Rheinblick Golf Course offers a six-week beginner's workshop starting Aug. 4. The workshop is open to youths age 15-18. For more information call (0611) 420 675 or mil 336-2816.

Bowling cards

Buy 10 bowling cards for only \$10 at the Dexheim or Wiesbaden Bowling Centers through Sept. 30.

SATO move

The SATO Travel Office is now located at the Welcome Center in Building 1023W at Wiesbaden Army Airfield. The new phone number is mil 337-7928 or civ (0611) 705-7928.

Parents Night Out

Wiesbaden Child and Youth Services offers parents a night out Aug. 17 from 6:30-11:30 p.m. Cost is \$25 per child. School-Age-Services free five hours and E-4 and below respite cards may be used during this time. Reservations are required. For more information call mil 335-5132/7928 or civ (0611) 408-0132/0928.



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New bar offers nutritious fare

Story and photo by
John Tubesing
Special to the Herald Union

The Wiesbaden Army Airfield Fitness Center recently opened a juice bar. For \$3 you can slurp one of several tasty smoothies with flavors ranging from pina colada to peanut butter-banana. All drinks can be made with low-fat milk.

The juice bar's location makes it a prime target for the recently exerted or those who just choose to relax with a cold drink and a magazine at one of the many seating tables in the facility.

For weightlifters wanting to build muscle, the juice bar offers a dollop of flavored protein powder for a small additional charge.

Not completely satisfied with the selection of drinks? Just ask Marvin Roth. He'll blend you up a customized smoothie or fruit drink with whichever fruit or vegetable you prefer.

The juice bar is open every weekday at 6:30 a.m. and closes later in the evening so you can benefit from a full workout and then get your



Marvin Roth blends a strawberry-banana smoothie at the new juice bar at Wiesbaden Fitness Center.

boost of energy with a nutritious drink.

Also available at the bar is

an assortment of bottled water, drinks and snacks such as protein power bars and fruit cups.

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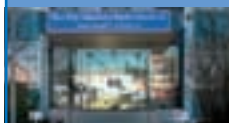
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NISSAN

Library makes reading an adventure

**Story and photos by
Ignacio "Iggy"
Rubalcava**

*U.S. Army Garrison Baumholder
Public Affairs Office*

Heidi Jackson and her team of volunteers have been busy teaching children to be super sleuths during this year's summer reading program. By combining activities related to the day's reading topic, Jackson, Baumholder library technician, and volunteers Regina Bailey and Laura Liebmann are providing children with a three-dimensional learning experience focusing on fact finding and problem solving.

This year, the summer program is titled *Get A Clue @ Your Library* and it focuses on finding clues and solving mysteries and puzzles.

Although the current program caters to younger children age 3-5, 6-9 and 10-14, Jackson said she hopes to attract older teens in upcoming programs.

One of the activities led the children on a scavenger hunt. Baily Bear went missing somewhere on post so Jackson and her volunteers developed detective ID cards for the children with their picture and fingerprints on it.

The detective who discovered that Baily Bear had lost himself in the Power Zone, Alexander Marlow, received a T-shirt and a toy as a prize

from Bridget Bingham, Power Zone manager. To help the children find clues as to where Baily Bear was, the children developed invisible ink to reveal secret messages.

Baily Bear did not stay put. He wandered off again and this time Alexander's brother, Zachery Marlow, discovered the vagabond bear in the post exchange book section. Zachery was presented with a \$20 gift certificate from Janet Neu, PX manager.

For the sense of smell scavenger hunt, the children developed a case book.

In another session, the children had to deduce who stole the cookies from the cookie jar. This led to a fingerprint workshop and a guest appearance by Staff Sgt. Edward Storer from the U.S. Army Garrison Baumholder Provost Marshal's Office.

The children also participated in guessing games and animal riddles, craft puzzle pins, an activity on stop lights and clues, and a disguise day.

The children also learned about a different type of clue digger.

They discovered that archaeologists are also detectives who seek out clues about pyramids, ruins, lost civilizations and mummies. In this session the children built pyramids and wrapped themselves up as mummies.



Ariana Skillen admires her wrappings while her mother, Patricia Skillen, puts the finishing touches on her mummy costume.



Regina Bailey, a volunteer for the summer reading program, helps participants decorate a pyramid during a summer reading session.



Children listen to Laura Liebmann, a volunteer for the summer reading program, explain what they must do with their step pyramid once it is completed.



Michael Juchem welds a pipe fitting.



Uwe Ruppenthal grinds the edge of pipe in preparation for welding.



Gerhardt Horsdt monitors the cutting of a pipe.



Oliver Specovius attaches a pipe brace to a wall in Building 8371.

Pipe fitters show pride in their work

Story and photos by Ignacio “Iggy” Rubalcava
*U.S. Army Garrison Baumholder
Public Affairs Office*

Chalked on the side of a bright red water tank and the adobe brown water distribution mechanism in Building 8371 are the words “Wir sind stolz auf uns,” which means, we’re proud of ourselves. That’s the sentiment of the workers who have been laboring for two months to upgrade the water heating and distribution system for the 2nd Brigade Combat Team.

The work is being done by Gerhardt Horsdt, Michael Juchem, Uwe Ruppenthal and Oliver Specovius, members of the U.S. Army

Garrison Baumholder Directorate of Public Works pipe fitters shop, a branch of the mechanical shop. Assisting with the project are Jurgen Geibel, shop supervisor and Michael Koebrich, an estimator for the USAG Baumholder DPW.

“It’s an ongoing project that will take two or three more months until we are finished,” said Yogendra Patel, chief of the mechanical branch. “We are replacing big old pumps — energy eaters — with new ones,” said Patel.

The four new pumps will replace the two old ones, transporting water for heat and domestic use to approximately 70 buildings in the Smith Barracks 2nd BCT cantonment area.

The old pumps have been pushing hot water to the majority of the 2nd BCT barracks and motor pools for more than 20 years, so needless to say, it’s time for an upgrade.

The old pumps are being replaced with state-of-the-art pumps that allow for precise regulation of water flow.

“We will be able to regulate the system in such a way that we only transport as much energy as is required. That’s where the potential for energy savings is,” said Patel.

The pumps are manufactured by Wilo, a company based in Dortmund.

“It’s new technology which will save us energy in the long run to a big extent. We’re doing it in-house because we

didn’t have enough funds to get it done through contract. We bought the material and then we said we’d make it happen with our in-house work force,” said Patel.

“It saves the Army money because the work force is already here. At the same time we are improving the facility,” said Patel.

The problem with the old pumps was that they needed to pump a lot of energy so that the last buildings linked to each of the two water lines received enough heat.

“That was costing us a lot of money just in transporting the energy, which was not used by all the buildings in some areas,” he said

Health, fitness

Mountaineer fitness

Mountaineer fitness classes cost \$4 per class or 10 tickets for \$30. Tickets may be purchased at the Mountaineer gym. Classes include:

- Monday, cardio, 9-10 a.m.
- Tuesday, ab crunch, 9-10 a.m.
- Wednesday, toning, 9-10 a.m.
- Thursday, pain in the butt, 9-10 a.m.
- Friday, mix it up (a mix of cardio/toning), 9-10 a.m.

New massage prices

Relax with a massage by a certified masseuse at the Rolling Hills Athletic Club. Sports, wellness and fitness massages are now available. Choose from Swedish, deep tissue, hot stone therapy, combination, specific, reflexology and couples massage. A 60-minute session costs \$50 per person and a 30-minute session costs \$35 per person. For an appointment call mil 485-6156 or civ (06783) 6-6156. Payment is due at time of reservation.

Fitness classes

Free summer yoga classes at the Rolling Hills Athletic Club are ongoing through Aug. 30. Classes are every Wednesday and Thursday from 11:45 a.m. to 12:45 p.m. Other classes include:

- Monday, spinning, 5:30-6:30 p.m.

Monday, Wednesday, water aerobics, 6-6:45 p.m.

Monday, spinning, 6:45-7:45 p.m.

Tuesday, spinning, 12:15-12:45 p.m.

Tuesday, core performance, 5:30-6:30 p.m.

Tuesday, spinning, 6:30-7:30 p.m.

Tuesday, Thursday, water aerobics, 7-7:45 p.m.

Wednesday, Thursday, spinning, 6:30 p.m.

Classes are \$4 per session, or get 10 classes for \$30; 30-minute classes cost \$2 each. Tickets may be purchased at Rolling Hills Athletic Club.

Jazz marathon

Dance enthusiasts are invited to a jazz dance marathon Aug. 4 from noon to 4:30 p.m. Learn an entire choreographed routine. The cost is \$25 if you register by Aug. 1. After Aug. 1, the cost will be \$30. Reserve your spot by calling civ (06783) 6-6156.

Group exercise

Fitness Promotions offers a group fitness class. A group rate is available for \$50 or individual tickets may be purchased for \$4 each. The minimum number of participants is 15 and the maximum is 30. Call civ (06783) 6-7093 or mil 485-7093 to schedule a class.

Join Rolling Hills

The Rolling Hills Athletic Club is located in upper Wetzell

and includes an indoor pool and fitness center. The hours of operation are noon to 8 p.m. Monday through Friday and noon to 5 p.m. on Saturday, Sunday and holidays. There are daily, monthly and quarterly membership rates available for individuals or families. For details call civ (06783) 6-6156.

Family swim night is offered every Friday from 5-8 p.m. The cost is \$1 per person.

RHAC pool is in need of lifeguards. Contact Warren Latham at civ (06783) 6-6156 or civ (06783) 6-6575.

Pool party rental

The pool and party room can be rented for up to 25 guests. Rent includes three-hours use, party room, tables and chairs for \$75. The room is available on the weekends from 1-4 p.m.

Personal trainer

Personal training sessions are offered at all gyms (membership is required at the Rolling Hills Athletic Club). The cost is \$35 per person per 60-minute session; five sessions cost \$150 per person; 10 sessions cost \$250 per person. Buddy sessions, which consist of two people, will also be offered. Buddy sessions cost \$30 per person per 60 minute session. Five sessions will cost \$125 per person; 10 sessions are \$200 per person. Call civ (06783) 6-6156.



Photo by Bernd "Bernie" Mai

Lt. Col. Derek Rountree, U.S. Army Garrison Baumholder commander, tastes a spoonful of schnaps from an ancient recipe at last year's Old City Fest.

Host nation

Aug. 4-5, Gem cutter and goldsmith market, Oberstein

Aug. 4, Flea market at Homburg/Saar

Aug. 6, Market at Kirn, 8 a.m. to 2 p.m.

Aug. 10-13, City fair at Kirn

Aug. 16-19, Car Rallye ADAC World Championship, Baumholder military training area, St. Wendel, Trier, www.rallye-deutschland.de

Aug. 17-19, Old City Fest Baumholder, www.altstadtfest-baumholder.de

Aug. 17-21, Bad Kreuznach Jahrmarkt (fair)

Aug. 30 to Sept. 1, Swinging Lautern — Barbarossa festival

Aug. 31 to Sept. 4, Kusel Fall Fair

Aug. 31 to Sept. 4, Birkenfeld Prämienmarkt (fair)

Sept. 1, Flea market at Homburg/Saar

Sept. 2, Open shops at Kusel

Sept. 3, Market at Kirn, 9 a.m. to 2 p.m.

Sept. 9, Farmer's market at Berglangenbach, 11 a.m. to 6 p.m., fest grounds

Sept. 9, Flea market at Idar, Vollmersbachstrasse

Sept. 14-16, Medieval Market at Bad Münster

Sept. 15-17, Baumholder City Fair downtown, market on Monday, 9 a.m. to 5 p.m.

Sept. 28-29, European Championship, Mountain Bike Marathon, St. Wendel

Sept. 28-30, October Fest at the Bosaarium, at Bostalsee

Sports briefs

Community-level softball is scheduled to be played at Iron Soldier Field II Aug. 11 at 11 a.m.

Sign up now through Aug. 30 for unit-level football at Baumholder's Hall of Champions Sports Office. For more information call mil 485-6671/7176

Sign up now for community and unit-level basketball at Baumholder's Hall of Champions Sports Office through Oct. 31. For more information on playing unit-level basketball call mil 485-6671/7176.

There is a boxing invitational Sept. 29 at the Hall of Champions.

Admission is \$4 for adults, children under 12 are free.

An officials clinic for basketball will be held in Schwetzingen Oct. 16-20. For more information call the Baumholder Sports Office at mil 485-6671/7176.

Coaches are needed for the upcoming flag football and basketball season. For details call

the Sports Office at mil 485-6671/7176.

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Help available for domestic violence victims

By Maj. Michelle Carroll
U.S. Army Center for Health Promotion
and Preventive Medicine

Do you find it difficult to reintegrate into your family after deployment? Do you want to yell at your spouse/partner after a bad day at work? Do you feel like your life is out of control? Are you critical of your spouse/partner?

If you answered yes to any of these questions, you could be at risk for committing domestic violence. Domestic violence has been defined by many different organizations in different manners; the Department of Defense defines domestic violence in the following ways:

➤ An offense under the U.S. Code, the Uniform Code of Military Justice or state law.

➤ The use, attempted use or threatened use of force or violence against a person of the opposite sex.

➤ A violation of a lawful order issued for the protection of a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

The good news for Soldiers and their family members who experience domestic violence is that help is available. The Army has established a Family Advocacy Program to assist in coping with domestic violence. Specifically, FAP was designed to achieve these goals:

➤ Prevent spousal/partner and child abuse.

➤ Encourage reporting of all cases of abuse.

➤ Ensure that assessments and investigations of suspected abuse are completed in a timely manner.

➤ Protect victims of abuse and provide treatment to all family members affected by the abuse.

Most people think that domestic violence cannot happen to them. If you or someone you know is a victim of abuse and injuries are involved, the first step should be to go to the nearest emergency medical treatment facility.

A new change in the FAP allows for confidential reporting in cases of spouse/partner abuse. Effective April 22, 2006, the adult victim of domestic violence can request a "restricted report." This report must be made to a medical provider (FAP clinical social workers are considered to be medical providers) within the medical facility, the victim advocate, or the victim advocate's supervisor. The final decision on whether a restricted report can be supported must be made in conjunction with the FAP clinical social worker. If the risk for further injury to the victim is assessed to be too high, or if the injury is very serious (shooting, stabbing, etc.), then a restricted report will not be granted.

The Army favors unrestricted reporting of domestic violence for several reasons. Unrestricted



reporting allows for protective measures to be put in place for the victim, such as "cooling off periods," military protective orders or restraining orders. Unrestricted reporting also provides an opportunity to hold the offender accountable for his/her actions and necessary intervention for the offender.

If the victim chooses to request restricted reporting, he/she may elect to receive medical care or supportive nonclinical counseling (including a safety plan, normalizing and

information on community resources) through the victim advocate, or the victim may receive clinical counseling through the FAP clinical social worker. These choices do not trigger the investigative process.

If the victim chooses the unrestricted reporting option, medical and counseling services are available to the person, but law enforcement and the abuser's command will be notified of the abusive incident and an investigation will be initiated.

The use of violence to resolve differences occurs in all social strata, across all ethnic groups and within all age groups. For more information on domestic violence intervention contact your local FAP, Military One Source at civ (800) 342-9647, your local domestic violence/rape crisis center or the family life chaplain.

Household goods shipments normal, but monitor your move

Soldiers and families PCSing from Baumholder this summer are urged to visit the transportation office immediately before making travel plans and financial commitments.

The previously reported delays of household goods pickups has stopped,

and in most cases customers now are receiving confirmation two weeks before pickup.

Because of capacity limitations, however, customers in Heidelberg, Mannheim, Darmstadt, Baumholder, Wiesbaden and Hessen areas who have

not yet scheduled their moves can expect pickup services after Aug. 3, as the capacity shortage is expected to last through the remainder of this year's summer permanent-change-of-station season.

Much of this is due to the contin-

ued focus of capacity in support of communities such as Giessen and Friedberg.

Therefore, customers are urged to stay in close contact with the transportation office regarding the status of their move.

Community briefs ... Community briefs ... Community briefs

Drama For The Masses

The punk rock, alternative band Drama For The Masses, from Long Island, N.Y., performs in Baumholder Aug. 14 at 7 p.m. in the Rheinlander Club. Admission is free to all U.S. identification cardholders.

MWR has lots of jobs available

Baumholder Morale, Welfare and Recreation is now hiring lifeguards, cooks and custodians. For more information on these positions, or to fill out an application, call mil 485-6566, civ (06783) 6-6566 or visit the Baumholder Non-Appropriated Funds Civilian Personnel Office at Auf

Weiler Str.1, second floor (across the street from the Baumholder Health Clinic). NAF positions are open to all active duty, their dependents who qualify and all qualified civilians.

Learn about ISOS

If you are an active duty service member traveling, either official or recreational, in a non-Military Treatment Facility (a remote area with no medical support) country, you can get support from International SOS, a DoD contractor which can provide urgent and emergency medical and dental services for active duty members.

When bona fide emergency

care is needed, members should report to the nearest emergency medical facility. ISOS needs to be contacted as soon as possible to assist in arranging a Guarantee of Payment so patients can be released without paying for the services themselves.

For urgent, but non-emergency care, ISOS needs to be contacted before seeking care. The patient will be referred to an ISOS participating provider if available, and a Guarantee of Payment arranged.

The ISOS call center for the European/CENTCOM theater is located in London, England. Members may call collect or request ISOS to call them back. The ISOS may be reached by

calling the Tricare Europe Call Center at civ (4420) 8762 8133 (collect calls accepted). The center's fax number is civ (4420) 8762 8125, or email them at tricarelon@internationalosos.com.

Get ticked off

Ticks are active during spring, summer and fall and can spread a variety of diseases such as Lyme disease or tick-borne encephalitis. To guard against tick-borne diseases:

● Avoid areas such as thickets, meadows and woods if possible.

● Wear light, tight clothing that covers as much of your body as possible.

● Search yourself thor-

oughly after spending time in potential tick areas. This is also true for pets.

● Use insect repellent on exposed parts of the skin.

● Learn to safely remove ticks.

Exceptional Family Member Program support group survey

To better meet the needs of the community, the Baumholder Exceptional Family Member Program is conducting a support group survey. People interested in helping the staff learn more about community needs can contact Ciara Luna at mil 485-8188 or civ (06783) 6-8188 to obtain and fill out a survey.



Photo by Ignacio "Iggy" Rubalcava

Andrea Richardson, in blue, instructs a group of fifth-graders at Wetzel Elementary School during this year's summer enrichment program.



Photo by Susan Huseman

Six-year-old Tim Weaver works intensely on drawing a picture of a squid in Hillary Gillet's class of kindergartners through second-graders at Argonner Elementary School.



Photos by Susan Huseman

Argonner student Ashley Serquina can't hide her disgust at the odor of a squid specimen. Photo right: Team leader Tyler Coy, 6, examines a fish as Lydia Ross, 8, and Ruben Alvarez, 6, wait their turn July 18 at Argonner Elementary School.



Photo by Susan Huseman

Hainerberg Elementary School's Gloria Stephens leads her first and second-grade students in an examination of specimens of several sea creatures.

Learning: key to summer fun

By Susan Huseman
*U.S. Army Garrison Hessen
Public Affairs Office*

Over the summer break some students found summer fun in a most unlikely setting ... their schools.

More than 250 kindergarten to eighth-grade students enrolled in the Department of Defense Dependents Schools-Europe Summer Enrichment program at Argonner Elementary School in Hanau, Wetzel Elementary School in Baumholder and Hainerberg Elementary School in Wiesbaden. The free program ran from July 2-27.

"It's a curriculum designed by the Discovery Channel," said Ann Miracle, a substitute teacher who taught a kindergarten to second-grade class at Argonner Elementary School. "This summer it has to do with science, math and language skills. We have all kinds of activities that deal with earth, space and oceans. The students are learning to be scientists, to use scientific terminology. They are using many different skills — writing, speaking, math."

"It gives the students a different way of looking at things, said Hillary Gillett, a kindergarten teacher at Argonner ES, and lead teacher for the Hanau program. "There is a higher level of thinking involved."

The younger students are involved in

activities such as making fossils out of clay, comparing and contrasting sea creatures, playing math games, writing in journals, drawing and painting.

Christine Taylor's class of Wiesbaden-area fifth and sixth-graders listened to "The War of the Worlds," Orson Welles' 1938 radio drama of a Martian invasion. The students also explored the technology and family life of that era. They also studied the newly named seven wonders of the world and how the FBI's Combined DNA Index System helps solves crimes.

The program is designed to enrich and reinforce student learning. "It's not a remedial program where students are doing rote exercises," said Jason Greve, a counselor at the now closed Giessen Elementary School. "This is a hands-on approach. I love it because the students love it."

Parents love it, too. "My husband deployed last week so this keeps my children busy, and keeps their minds occupied," said Maria Jones of Wiesbaden.

Susan Callahan's children, Shawna, 11, and Tanner, 8, weren't thrilled at first with the idea of school in the summer. "They had never been to summer enrichment so they did not understand why I was making them go," she said. "But they really like it because it's a lot of hands-on science experiments. They dissected a

squid. I thought Shawna would be squeamish but she was in heaven when I picked her up that day."

Nine-year-old Rebecca Thorpe also had mixed emotions when she found out her mother had enrolled her in the DoDDS summer enrichment program at Hainerberg Elementary School. "I felt excited and kind of angry," Thorpe said. "My sisters were coming to visit and I wanted to see them." But because the program runs from 9 a.m. to noon, Thorpe found she could still visit with them.

Teachers also appreciate the short school day. "The students come in very refreshed. We do our activities and they go home. They are not tired when they leave," said Gillett.

Besides keeping the momentum of learning going through the summer, the program also provides structure to the day, she added, and gives children a routine they need.

Students at Argonner Elementary School agreed. "Sitting at home watching baby cartoons is boring. I wanted to come. I'm learning a lot of things — like what sea creatures look like, and math. I hope it will make me a better student," said Jacob Dougherty, 10, a soon-to-be fifth-grader.

Victoria Martinez, 9, was happy to be a part of the program. "I'm glad I came

because I didn't want to stay at home alone. Staying home watching movies is not fun," she said.

In addition to reinforcing reading, math and science, building leadership skills is also a part of the curriculum. "We give the students a lot of ownership," said Gillett. Students work in small teams and every few days the teacher selects a new team leader. "The team leader passes out materials; they are the facilitator — they help everyone stay on task. All the children love being in charge. It brings out their confidence," she said.

Both the Hainerberg and Wetzel programs had enough middle school students to offer a technology-based program called Media Magic. The students learned digital photography, digital image editing, three-dimensional modeling and audio editing, according to Wiesbaden High School technology teacher Frank Pendzich. "They then put it all together on a personal webpage," he said.

Officials said the DoDDS-E Summer Enrichment program began in 2003 to support a small number of communities in which parents were deployed to Iraq. This was the third summer the program was offered across Europe.

Funding was provided in part by the Office of the Secretary of Defense.

School bits

Back to school

The first day of school for all grades is Aug. 27. If you have not yet registered your student for the coming school year, make sure to visit your school's main office before this date. Students must also register for bus passes.

American Western Night

The Kaiserslautern American German Business Club hosts an American Western Night fundraiser for German and American business students Aug. 4 at 7 p.m. at the Jean Schoen Park in the Kaiserslautern Gartenschau. The event features the band Sundown, square dancing, American-style barbecue, funnel cakes and more. Admission is free. Contributions to the AGBC scholarship fund are appreciated. Directions are available at www.gartenschau-kl.de/web_2/html/content/anfahrt/print_autobahn.htm.

Argonner Elementary School notes

A new parent orientation will be held Aug. 21. Open house is scheduled for Aug. 31. Students will have a half day of classes. The first full day of school for kindergartners will be Sept. 4.

Wiesbaden Complex notes

Aukamm Elementary School hosts an open house Aug. 28. Wiesbaden Middle School's new parent/student orientation is scheduled for Aug. 24 at 2 p.m. in the school gym, followed by a PTSSO-sponsored meet and greet from 3-4 p.m. Open house will be held Sept. 13. Wiesbaden High School holds a new student orientation Aug. 23 from 4-6 p.m. An open house is scheduled for Aug. 30 from 4-6:30 p.m.

Baumholder open houses

Wetzel Elementary School holds its open house Aug. 24. Smith Elementary will hold its open house Aug. 30 and Neubrücke Elementary will hold its open house Sept. 7. Baumholder Middle/High School's open house will be Sept. 13.

School supply lists

The DoDDS-E official school supply list can be found at www.eu.dodea.edu/ed/supplies.htm. All other lists that may be in circulation, or requests for additional supplies, should be disregarded, said officials.

School menus online

AAFES school meal daily menus can be found online at <http://odin.aafes.com/nutrition/menus.htm>.

Free/reduced school lunches

More families may qualify for free and reduced school lunches under new U.S. Department of Agriculture guidelines. Families can apply for eligibility to participate in the school lunch program by completing an application available from their school liaison officer.

UMUC term 1 registration

The University of Maryland University College Europe holds registration Aug. 6-17. Term 1 onsite classes begin Aug. 20 and the online distance education classes begin Sept. 3. For course offerings visit www.ed.umuc.edu or your local education center.

Serving the last supper in Giessen

Giessen Dining Facility cooks share memories as they move on to new jobs, retirement

By Alexandra Williams

U.S. Army Garrison Giessen Public Affairs Office

It was a tough day for the cooks of the Giessen Dining Facility as they prepared the last meal for customers July 31.

"I still can't believe it's supposed to be over," said Carmen Fink, Giessen Dining Facility manager. "One of my cooks was crying when she left on her last day. It's an emotional time for all of us, not only because many of us face an uncertain future."

Fink, 16 cooks and an office clerk at the facility worked for DSG, a local contractor. For the past three years they prepared the meals for Soldiers and civilian staff.

"We had a lot of fun. I always liked working here," she said.

Working alongside Soldiers

The many memories made in the past three years will give Giessen a special place in her heart, she added. "In the beginning we worked together with the military cooks. For me that was the best time. It's a unique experience to work alongside Soldiers."

The discipline and obedience impressed her as well as efforts for special food displays for holidays such as Thanksgiving.

"Everyone had his own project to work on. The Soldiers were real creative," she said.

Before working at the DFAC she worked two years for Pond Security in an office job. Working at the DFAC made her feel like she was part of the community, she said.

"I knew everybody — at least the Soldiers — on this post," Fink said, adding that many became friends. "Often they confided in me, told me what's bothering them. I always felt like their mom as they were my son's age."

When she first heard about the closure plans she did not believe it, Fink said. "I was in denial. When you feel like your work place is part of your life you can't or don't want to imagine that one day it won't be there anymore."

The drastically dwindling number of Soldiers early this summer was a tough situation, she said.

"For more than a year we were looking forward to the redeployment. Then the Soldiers were finally here," she said. "Just a few weeks later most of them were gone. It was hard to see them leave."

The declining number of guests was not the only difficult part of the impending closure, she said. "When they put on the stickers determining the new location of the furniture I wished they would put one on me and just take me along."

Together with three cooks Fink will prepare the facility for turnover in mid-August to U.S. Army Garrison Giessen and then move on to a new contract job at USAG Grafenwöhr.

"I dread the last day," she said. "I just don't want to think about turning off the lights for the last time, locking the doors forever. The thought of that upsets me."

"Giessen was a small installation. It was like one big family," she said. "I think it will be different on

a larger installation. I am happy to stay in the system, but somehow I think it won't be the same."

While the closure of the facility is a dramatic experience for his colleagues, it is part of working in gastronomy, said Ingo Köller, another cook. "It may sound cold, but I got used to these things a long time ago, so it's not really hitting me as hard as it does some of my coworkers. "One day your restaurant is hip and two years later the guests have another favorite place."

Eighteen years ago Köller was a Soldier in the German army and experienced the closure of the German post in Wetzlar. He then began his career as cook working in various places.

"As a cook on the economy you learn quickly to say goodbye to a workplace," he added. "Sure, it's not nice to go, but something new will come."

"However, the time here was special. But I never got used to hearing that another of our Soldiers had died downrange," Köller said.

Charles Place, a fellow cook, retired two weeks before the closure. He could have worked another two years but didn't want to go to another place scheduled for closure in the near future, he explained.

"It is not easy to say good bye," said the Vietnam veteran.

For Place, it was the third time being involved in the closure of an installation. Contrary to the hopes of some of his German colleagues, he knew it was inevitable. "When I first heard the rumors I knew that it was going to happen. I worked in Fulda, then Frankfurt and Mainz-Kastel and saw how quickly those installations were closed," he said.

Place enjoyed the close contact to the Soldiers in the past three years. Always having a friendly or encouraging word for his customers was his philosophy.

Vietnam veteran

"When they found out that I served 14 years and that I was in Vietnam they often asked for advice or we exchanged our experiences," he said.

Especially before a deployment younger Soldiers were in need of encouragement. Pulling an occasional joke was his way of lifting them up, Place said.

"When a young guy asked me what he should do I said at first you have to eat your vegetables and then we'll see. That often helped to ease the tension," Place said.

Soldiers appreciated his efforts by bringing back souvenirs from Iraq.

"Sometimes I would jokingly ask them to bring something back to make sure they return well and alive. I was really moved when some guys brought me back coins and flags from Iraq," he said. "That meant a lot to me."

Place and Fink said leaving would be easier if the installation would remain open.

"When they close it you can't come back to visit your friends. Now nothing will continue; it's like you've never really been here," Place said.

"Not only that. There were other installations in the area that were closed years ago. So one can imagine how the place will look two years from now," Fink added.



Photo by Alexandra Williams

Contract cooks Sandra Thiel and Frank Giebel prepare the salad bar at the Giessen Dining Facility.

Fit to sit: Teens enhance babysitting skills in Red Cross/Child and Youth Services course

Story and photo by Ute Wolf
*U.S. Army Garrison Hessen
Public Affairs Office*

What kind of food does a toddler eat? How does one change a baby's diapers? What if a child gets hurt?

Those questions and more were answered at a babysitter training course for teenagers July 18-19 at Old Argonner Kaserne in Hanau.

Eight young adults from the Hanau Community enrolled in the course, a requirement for anyone wanting to be on the CLEOS list for babysitter referrals. The course is aimed at providing teenagers with information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians.

The future babysitters learned basic care and first aid, injury prevention and safety skills, as well as child abuse and neglect identification and reporting with the help of life-sized baby plastic dolls.

"Another focus of the course is the application process itself," said Child and Youth Services' Lee Dodd, who teaches the course on a regular basis. "I show the young people how to write a resume, how to interview with parents and how to behave professionally. I think 12, 13 is a good age to start interviewing for jobs and to learn what it takes to apply successfully."



Krystal Leon (left), age 13, and Sheridyn Webb, 14, practice diaper changing during the babysitter class in Hanau July 18-19.

Dodd, who has a background in secondary education, has worked in child care for seven years and normally trains Child Development Center staff to work with children. "I love this job," he said. "I feel you can make a difference doing this, and it's great to help young people grow."

His students, age 12-21, watched attentively as Dodd explained how to test whether the jarred food is too hot, how to strap a toddler into a highchair or how to lift a baby without running risk of dislocating the baby's shoulder.

The challenge of changing a diaper was also on the agenda. "Make sure you have everything prepared on the changing table, and always keep one hand on the child, so he or she doesn't roll off," Dodd explained, as he demonstrated how to clean the baby and answered questions.

Rebecca McArthur, 20, shrieked as she opened the diaper of her baby doll. "There is poop in there," she said, startled as she stared at the nondescript brownish substance in the diaper. Her neighbor John Castillo, 19, grimaced

and stepped back. "Oh well, that's just like real life, isn't it," said Dodd. "You better wipe it off and change the baby into a new diaper."

After all the students successfully completed their diaper changing tasks, Dodd moved on to the subject of disciplinary problems. "Children test their boundaries. It's normal. But never, ever spank a child," he warned his students, adding, "Remember — there are no bad children, just challenging behavior."

Dodd's students nodded in agreement and immediately posed questions concerning difficult disciplinary situations they've encountered in the past, which Dodd answered one by one.

"I have had experience in babysitting before, but learned a lot of new things I didn't know before," said 14-year old Darien Jackson. "Like holding the baby the right way and how they need to get burped after drinking the bottle." Fourteen-year-old Toneille Webb agreed. "I learned about emergency procedures and how to get contact information from the parents and stuff. I feel much more secure now and know better what to do in difficult situations."

The American Red Cross, in cooperation with Child and Youth Services, offers the babysitting program every three months. There is a \$20 registration fee. For more information call mil 322-1760 or civ (06181) 88-1760.

Hanau welcomes new 5-7th ADA leader

By Ute Wolf
*U.S. Army Garrison Hessen
Public Affairs Office*

Lt. Col. Sean A. Gainey assumed command of the 5th Battalion, 7th Air Defense Artillery, from Lt. Col. Stephen J. Richmond in a ceremony on Fliegerhorst Kaserne July 11.

After the traditional inspection of the troops and the subsequent passing of the colors, the reviewing officer and 69th Brigade commander, Col. Mark S. McConkey, praised the outstanding leadership of the outgoing commander.

"No mission proved too difficult for 5-7 ADA. It was always done to standard and accomplished on their first try — a true testament to the Soldiers and leaders led by a stellar battalion commander and his devoted spouse."

Richmond thanked his fam-

ily, team members and superiors for their support. "I am humbled and yet so proud to have served with the Soldiers on the field before you. What you see standing before you is representative of the noblest strata of our society," Richmond said.

"As today drew near, I felt my grip on the battalion colors growing tighter, but to have someone of Sean Gainey's enthusiasm, competence and professionalism made it easier for me to pass the colors this fine morning. I know the 'On Target' battalion will thrive under your leadership," said Richmond, who moves on to assume duties as the G3 exercise director for U.S. Army Europe in Heidelberg.

Incoming commander Gainey was stationed in Germany before and last served



Brigade commander, Col. Mark S. McConkey (from left), outgoing commander, Lt. Col. Stephen J. Richmond, and incoming commander, Lt. Col. Sean A. Gainey, salute during the ceremony.

Photo by Ute Wolf

with the U.S. Army Human Resources Command in Alexandria, Va.

"It's great to be back and I look forward to building on the outstanding tradition and reputation of this unit," he said. "I thank Steve Richmond for passing me such a well trained

and disciplined unit. ... I look forward to this awesome challenge — and together we will remain 'on target.'"

The 5-7th ADA will move from Hanau to Rhein Ordnance Barracks in Kaiserslautern next summer, where it will integrate into a new command

structure under a newly created air and missile defense detachment, said McConkey, adding that as part of its mission it will continue to sustain "an immediate deployment capability for a critical EUCOM (European Command) contingency mission."

Community notes . . . Community notes

New credit union location

Andrews Federal Credit Union has moved to a new location on the Wolfgang Shopping Center in Building 525 between Burger King and the Commissary.

Dragon boat racers needed

The Hanau Community is looking for fierce paddlers to race the U.S. Army Garrison Hessen Hanau Community dragon boat during this year's Hanauer Bürgerfest dragon boat race Sept. 8. If interested contact Tamara Evonne at mil 322-9524 or Command Sgt. Maj. Fontanez at mil 322-1320.

Raising children classes

Army Community Service offers Bring on the Baby classes Sept. 5, 12 and 19 from 9 a.m. to 3 p.m.; Mommy and Daddy Basic Training Sept. 26 from 6-8 p.m. Call mil 322-5311 or 8965.

Büdingen closures

Most Army and Air Force Exchange Service facilities on Armstrong Barracks are closed. The shoppette and the barber shop will

remain open until Aug. 31. The Büdingen SHIP Store closes Aug. 31. The Büdingen movie theater held its last showing July 28.

Popeye's to close

Popeye's restaurant on Wolfgang Shopping Center will cease operations at the close of business Aug. 31.

Community Appreciation Day

Hessen Bowl, the Kid's Korner, American Sampler Arts and Crafts, and the Hot Shots Paintball program will feature family-oriented activities and children's games Sept. 8 from 2-6 p.m. as part of Community Appreciation Day. Food and beverages will be available for purchase. Call mil 322-9013 or 8534 for details.

Speedy oil change

Hanau Auto Crafts in Building 625 on Grossauheim Kaserne offers an oil change service while you wait. Bring your own oil and filter and for \$15 they'll change your oil in a flash. Car classes are also available upon request. They are open



from 1-9 p.m. Tuesday to Friday and weekends from 9 a.m. to 6 p.m. Call civ (06181) 88-8710 or mil 322-8710 for more information.

Library multi-purpose room available

Book a time to use the Pioneer Library's multi-purpose community room for brown bag seminars, meetings or other events. The library is located in Building 5 on Pioneer Kaserne. Call civ (06181) 88-8942 or mil 322-8942.

Back to school party

Hessen Bowl and Kid's Korner team up to host a back to school party Aug. 18 from 11 a.m. to 3 p.m. The event includes family and child-oriented activities and crafts. Food and beverages will be available for purchase. For information call mil 322-8534 or civ (06181) 88-8534.

White water rafting

Enjoy a weekend of white water rafting in Austria over the Labor Day weekend, Aug. 31 to Sept. 3. The trip includes transportation, three over-

nights in a three-star hotel with breakfast and dinner. Cost is \$299 for adults and \$229 for children age 10-15. Call Outdoor Recreation at mil 322-8891 or civ (06181) 88-8891 for more information.

Crafts for children

American Sampler Arts and Crafts Shop offers "make and take" craft classes for parents and their 3-5-year-old children. Classes are the first Saturday and third Friday of each month from 10-11:30 a.m. American Sampler is located at Building 545 at the Wolfgang Shopping Center. Call mil 322-8082 or civ (06181) 88-8082.

Unit child care available

Child and Youth Services can provide child care for a unit or special event, or a Family Readiness Group meeting. Contact CLEOS at least three weeks before the event to schedule child care. Call mil 322-9144 or civ (06181) 88-9144.

Summer fees go down

Middle school and teen camp fees
Continued on facing page



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Shanelle Harris shows her joy at being the first customer to pick up a copy of "Harry Potter and the Deathly Hallows" at Hanau's Main Exchange June 21. Photo left: Amber Gainey (left) and Tatjana Gainey can't wait to get started reading the final installment of the Harry Potter series. The AAFES facility featured a host of special events, including a coloring contest, face painting and more to mark the launch of the book sale.

Harry Potter: Fans turn out in force at Hanau Main Exchange for final chapter in wizard saga

Story and photos by Ute Wolf
U.S. Army Garrison Hessen Public Affairs Office

"Will Harry Potter die or not?"

That question was on the minds of about 200 anxious fans who gathered at the Hanau Main Exchange on the evening of July 20 in anticipation of the sale of the latest J. K. Rowling book.

Like everywhere else in the world, the Hanau store was set to sell the seventh and final Harry Potter book, "Harry Potter and the Deathly Hallows," at one minute past midnight. Until that time, nobody but the author and a circle of insiders knew what fate awaited the young sorcerer. However, rumors had predicted his death and fans were eager to find out for themselves if Harry would survive his final confrontation with "he who must not be named."

The exchange kicked off its selling event with a Harry Potter extravaganza at 10 p.m. The Hanau Army and Air Force Exchange Service team, including Ralph Henderson, sales area manager of the book department, featured several pre-book selling events in the food court for fans who awaited the midnight hour to finally arrive.

Fog billowed through the dimly lit hallway and decorated food court as visitors enjoyed various stations set up for fun and enjoyment, as well as Harry Potter movie screenings. Children and parents had their faces painted, made magic wands, mixed fizzing "magic potions" and handcrafted "snitches" out of colored paper.

Prizes were handed out to "muggles" who won the coloring contest conducted in the weeks leading up to the book's release.

"We've been fans forever," said Amber Gainey, 13, one of the coloring contest winners.

"They are just such great characters," added her cousin, Tatjana Gainey, 14, who also won a prize in the AAFES contest.

Both girls said they were "dying to know" if the young wizard survived and wanted to know more about the romantic relationships among the magicians.

As midnight neared, lines formed before the gates finally opened and customers rushed in to grab their very own copies.

Shanelle Harris, 23, was overjoyed to pick up the first copy. Her husband, David, said the couple have been diehard fans since the Harry Potter series was first launched.

Now, wands out and let the reading begin.

Community notes

Continued from page 20

are now only \$50 per week. The Wednesday field trip fee is \$25. For details call CLEOS at mil 322-9144 or civ (06181) 88-9144.

Employment classes

Hanau Army Community Service offers career assessment, dress for success, interview techniques and resume writing classes every month. An employment orientation is offered every Tuesday from 10-11:30 a.m. at ACS, Building 19, on Pioneer Kaserne. For class dates call mil 322-8965

or civ (06181) 88-8965.

Knitting, Crochet Club

Hanau's American Sampler Crafts Shop features the Edelweiss Knitting and Crochet

Club every Wednesday from 4-7:30 p.m. Stop by Building 545 at the Wolfgang Shopping Center or call civ (06181) 88-8082 for information.

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Relaxation – Revitalization – Beauty – Quality Of Life

Sports and leisure

By Donald Seltzer
Special to the Herald Union

Take a hike: A guide to volksmarching in U.S. Army Garrison Hessen

Aug. 4-5 weekend

Ebernhausen/Westerwald — This event is northeast of Limburg and offers 42- and 50-kilometer trails as well as shorter routes. Use Autobahn 3's Montabaur or Ransbach-Baumbach exits. IVV signs will direct drivers on unnumbered roads for the few miles to the start.

Start: Rosenheckhalle on Dernbacher Strasse **Saturday:** 6:30 a.m. to 4 p.m. (5 and 10 km), 6:30 a.m. to 2 p.m. (20 km), 6-9 a.m. (42 km) and 6-7:30 a.m. (50 km) **Sunday:** 6:30 a.m. to 2 p.m. (5, 10 and 20 km), 6-9 a.m. (42 km) and 6-7:30 a.m. (50 km) **Trail:** Hilly, mostly woods **Award:** Model truck (short trails) or patch and certificate (marathon trails).

Hottenbach — This walk is north of Idar-Oberstein and should offer wanderers a scenic trail. From Idar-Oberstein, briefly head north on B-422 to Tiefenstein, then take unnumbered roads through Herborn, Mörschied and Weiden in order to reach the start.

Start: Sportplatz **Saturday:** 6:30 a.m. to 2 p.m. (5, 10 and 20 km) **Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, mostly woods **Award:** Mounted gemstones in form of a tree.

Aug. 11-12 weekend

Lützelbach-Wiebelsbach — This walk is southeast of Darmstadt in the scenic Odenwald region. From Hanau and Babenhausen use B-45 south to Höchst im Odenwald. The starting point in Lützelbach is approximately 4 miles further on an unnumbered road. From elsewhere



in USAG Hessen use Autobahn 3 and the Hanau exit to connect with B-45, heading south toward Dieburg.

Start: Fritz-Walter-Halle on Schulstrasse **Saturday:** 11 a.m. to 5 p.m. (5 and 10 km) and 11 a.m. to 4 p.m. (20 km) **Sunday:** 6 a.m. to 1 p.m. (5 and 10 km) and 6 a.m. to noon (20 km) **Trail:** Hilly, fields and woods **Award:** From previous events.

Wednesday, Aug. 15

Hattenhof — Volksmarchers will find picturesque walking and cycling trails at this midweek event. From Fulda use B-27 south to Rothemann and an unnumbered road leading to Hattenhof. From Hanau and points west take the Fulda-Süd exit of Autobahn 7 to head toward Rothemann and Hattenhof.

Start: Bürgerhaus on Kerzeller Strasse **Wednesday:** 11 a.m. to 6 p.m. (5 and 10 km, plus cycling) **Trails:** Fairly hilly, woods and fields **Award:** From previous events.

One club sponsors three different walks with three starting points — all of which run consecutively — with swimming to cap off the day. Be advised the way to the start location was poorly marked two years ago. In order of starting times, the events are:

Waldalgesheim — Use the Stromberg exit of Autobahn 61 and an unnumbered road east to the start.

Start: Tennishalle **Wednesday:** 7-9 a.m. (6 and 10 km) **Trail:** Expect somewhat hilly, fields **Awards:** From previous events.

Spabrücken — From Waldalgesheim, use unnumbered roads

through Genheim, Schweppenhausen, Schöneberg and Oberhub to reach the start.

Start: Campingplatz Weissenfels **Wednesday:** 9 a.m. to noon (6 and 10 km) **Trail:** Expect somewhat hilly, fields **Awards:** From previous events.

Rheinböllen — From Spabrücken, use unnumbered roads through Gräfen-bacherhütte and Ellern to reach Rheinböllen. **Start:** Hotel Breidenbacher Hof and Freizeitbad Rheinböllen.

Wednesday: 11 a.m. to 5 p.m. (6 and 10 km) and noon to 5 p.m. (swimming) **Trail:** Somewhat hilly, fields **Awards:** From previous events.

Aug. 18-19 weekend

Mainz-Gonsenheim — This walk is easily reached via Autobahn and is just north of Mainz. Use Autobahns 60 or 643 to take the Mainz-Gonsenheim exit to find IVV signs or tape directing them to the start.

Start: Karl-Geib-Haus at Kapellenstrasse 44 **Saturday and Sunday:** 7 a.m. to 3 p.m. (5 km), 7 a.m. to 1 p.m. (10 km) and 7 a.m. to noon (20 km) **Trail:** Flat, mostly stroller-friendly trails, woods **Award:** Tall teacup.

Tiefenbach/Hunsrück — Wanderers from Idar-Oberstein should enjoy this walk. Tiefenbach is due west of Bingen and south of Simmern. From Idar-Oberstein use B-41 toward Bad Kreuznach, B-421 toward Kirchberg and B-50 toward Simmern. Take an unnumbered road south of Simmern through Holzbach to the start at Tiefenbach. From points east of Bingen connect with Autobahn A-61 toward Koblenz, exit at

start.

Start: Wildburghalle **Saturday and Sunday:** 6 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, woods **Award:** From previous events.

Wednesday, Aug. 22

Nieder-Wiesen — This event is south-southeast of Bad Kreuznach and accessible to USAG Hessen wanderers via Autobahn 63 south of Mainz. Late start times make this midweek walk a real motivator for getting away from work on time. Pick up A-63 southbound from Mainz in the direction of Alzey, then exit at Erbes-Büdesheim. Follow unnumbered roads through Erbes-Büdesheim and Nack to reach the start.

Start: Sportheim **Wednesday:** 8 a.m. to 6 p.m. (6 and 10 km) and 8 a.m. to 4 p.m. (20 km) **Trail:** Fairly hilly, fields and woods **Award:** Farm tractor and trailer.

Weekend of Aug. 25-26

Braunfels — This walk is west of Giessen on the edge of the pretty Naturpark Hochtaunus. Readers from Texas may recognize the name of the town from one in their home state. New Braunfels, Texas, was founded by German immigrants and is the annual site of a popular Oktoberfest (plus some great beef jerky). From Giessen take B-49 west to Bahnhof Braunfels. A four-mile drive along an unnumbered road through Braunfels leads to the start in Philippstein.

Start: Kultur- und Mehrzweckhalle Philippstein on Im Lindwig **Saturday and Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods **Award:** IVV credit only.



Wiesbaden children's comedy thriller

Wiesbaden's Amelia Earhart Playhouse presents its 2007 Children Summer Theater Workshop production, "Humpty: Or the Case of the Cracked Culprit," Aug. 2 and 3 at 3 p.m. and Aug. 4 at 6 p.m. The family-friendly, comedy thriller spoofs private-eye thrillers. Pick up tickets at the Wiesbaden Army Airfield and Hainerberg USO offices or call the playhouse at civ (0611) 816-2473, mil 336-2473.

Six Flags trip

Hanau Youth Services features a Six Flags Over Holland trip Aug. 15 for all Hanau Community families. Cost is \$50 per person. Price includes transportation, admission,

breakfast and lunch. Bus departs at 3 a.m. and returns the next day at roughly the same time. Make reservations by Aug. 8. Call civ (06181) 88-8231 or mil 322-8231.

Operation Rising Star

The Community Activity Center on Wiesbaden Army Airfield plays host to Operation Rising Star, known formerly as Military Idol, in September and October. All active duty military are eligible to compete in the song contest. Applications must be submitted by Aug. 31 for a chance to win the top prize of \$500 for themselves and \$500 for their



Photo by Karl Weisel

Win fame and cash in Operation Rising Star.

unit. Drop off applications at the center weekdays from 8 a.m. to 4:30 p.m. Call Sharon

Parker at civ (0611) 4080 238 or mil 335-5238.

Tanks in Town

Tanks in Town, an event commemorating the liberation of Mons, Belgium, by U.S. Army Soldiers during World War II, will be held Aug. 25-26. The event features some 40 World War II-era tanks and more. Visit www.tanksintown.be.

Elvis sightings

The Elvis Presley Club in Bad Nauheim-Friedberg hosts an Elvis Festival Aug. 16-19. Highlights on Aug. 16 include a Gospel concert featuring "Big Mama and the Golden Six" and Elvis impersonator H.J.

Schneider. On Aug. 18-19 a Cadillac-Jaguar-Harley parade takes place at 10 a.m. at the Sprudelhof in Bad Nauheim. For information and tickets, call civ (06032) 929 920. An Elvis Presely exhibit will be featured Aug. 16 to Sept. 16 at the Capri Club by Ray Barracks in Friedberg. It is open daily (except Mondays) from 11 a.m. to 6 p.m.

Baumholder trips

Baumholder's Mountaineer Fitness Center features an Oberammergau/Neuschwanstein Castle shopping and sightseeing trip Aug. 10-12, an Austria Express Aug. 17-19, a Paris City Express Aug. 18 and a trip to Legoland Aug. 19. Call mil 485-7418 or civ (06783) 6-7418 for details.

Things to do



Photo by Karl Weisel

Soldiers, civilians and family members work out at the Wiesbaden Fitness Center on Wiesbaden Army Airfield. Civilians can work out up to three hours a week during the duty day for a six-month period in the Civilian Fitness Program.

Fitness program lets civilians get in shape while on duty

The Army Civilian Fitness Program is designed to improve morale, relieve stress and minimize health risks for Department of the Army civilian employees. The program allows employees to be excused from work for three one-hour sessions a week for up to six months in order to exercise.

Enrollment for the next session begins in September. Employees are allowed to participate only once.

"The goal of the program is to encourage civilians to initiate and maintain healthy behavioral changes," said Carrie Shult, program manager for Health Promotion and Wellness. "We monitor their progress through initial- and post-assessments and provide them with information to help participants develop an exercise and nutrition program appropriate for their lifestyle."

Enrollment is based on su-

pervisor approval and completion of the enrollment process, said Wendy Lakso, health promotion coordinator for U.S. Army Garrison Hessen. "It is very easy to enroll in the program. All it takes to enroll is for participants to complete the enrollment packet and receive a fitness assessment."

The fitness assessment is given before and after the program to assess body composition, cardiovascular recovery and flexibility, said Lakso. Exercise activities are designed to enhance aerobic fitness, strength training and flexibility. Certain recreational activities such as badminton, volleyball, bowling and golf are excluded. The fitness activity must take place on post or at the local military fitness center.

At the end of the program the final assessment is mandatory, said Shult. "Those failing to complete the course by com-

pleting the post-assessment are liable to repay the administrative leave with annual leave."

"Regular physical activities, combined with proper nutrition, are the cornerstones of a healthier employee," said Shult.

"According to the Cooper Institute for Aerobic Research, we see the greatest percentage reduction in health risk factors by merely moving from no exercise to moderate exercise three times a week," she added.

Registration periods for the program vary at each installation. Hanau and Wiesbaden employees can contact Wendy Lakso at mil 337-7244 or 322-9509, civ (0611) 705-7244 or (06181) 88-9509. Baumholder employees should contact Nancy King at mil 485-7306 or 489-6238. You can also email wellness@eur.army.mil. (Courtesy of the Center for Health Promotion and Preventive Medicine-Europe)

Walking program supports families of deployed

Walking Iron Strong for Heroes is a 15-month Wiesbaden Community wellness program that fosters support for people affected by the upcoming deployment. The goal is to accumulate enough miles to equal the distance to Iraq or Afghani-

stan, or wherever loved ones or friends may be deployed, through walking and other activities.

WISH registration will be held Sept. 6 during the Wiesbaden Army Airfield Fitness Center Health and

Wellness Fair and on Sept. 11-12 at the WAAF Fitness Center from 10 a.m. to 3 p.m. A health assessment must be completed during sign-up. For more information contact Wendy Lakso at mil 337-7244 or civ (0611) 705-7244.

Sports shorts

Hockey players

Experienced ice hockey players are wanted for an all-Army hockey team. Anyone interested in playing competitive ice hockey in a German men's league should call Ken Robinson at civ (0172) 626 3642 or email ken.robinson@eu.dodea.edu.

Little League champs

After dropping their first game, the Stuttgart/Wiesbaden Bulldogs marched through the loser's bracket to win the Little League Germany District title. The Bulldogs advanced to represent Germany at the Little League Baseball Transatlantic Regional Tournament held in Kutno, Poland, July 23-29, where they made it to the semifinals, losing to England champion London, 6-9, July 28. (Courtesy of IMCOM-Europe Public Affairs and Stars and Stripes)

Racquetball Tourney

Hanau's Pioneer Fitness Center holds a free Women's Equality Month Racquetball Tournament Aug. 16. Men and women are welcome to compete. Call mil 322-8197 or civ (06181) 88-8197.



Track champions

A team from Giessen claimed first place at the U.S. Forces Europe Track and Field Championships July 28 in Regensburg. Giessen's **Romaine Johnson** took second in the 100 meters. Giessen's **Gregory Marshall** was second in the 200 and first in the 400 and 800-meter runs. Baumholder's **Jennifer May** took first in the 5,000 meters.

Benefit runs

The annual **Lauf Für Mehr Zeit** (run for more time) AIDS benefit run will be held in downtown Frankfurt Sept. 9 at 5 p.m. Interested runners can register in advance online or on the day of the five-kilometer race from 1-4 p.m. Visit www.lauf-fuer-mehr-zeit.de.

The second annual **Kaiserslautern Run and Walk Against Cancer** (five and 10 kilometers) will be held Sept. 16 with proceeds benefiting the Counseling Center of the Cancer Society Rheinland-Pfalz. Volunteers are needed to help plan, bake cakes and perform other duties. Call Eva Estornell-Borrull at civ (0631) 3110 830 to volunteer to help.

The eighth annual **Komen Race for the Cure** to promote breast cancer awareness and research will be held Sept. 30 in Frankfurt along the Main River. A two-kilometer walk starts at 10:45 a.m. and a five-kilometer run kicks off at 11 a.m. Register online at www.raceforthecure.de or on the day of the event from 8-10 a.m.

Scholarship golf tournament

The Kaiserslautern American German Business Club hosts a golf tournament Sept. 8 at the Golf Club Weßweiler in Homburg (near Kaiserslautern). Proceeds go to fund the AGBC annual scholarship program for students studying business. The golfing stars at 1 p.m. and will be played as a scramble event. Cost is €60 including greens fees, cart use and an awards dinner. Send an email to Tom Shaver at rhinotom@t-online.de or Kaisers-lautern@agbc.de.

10-K run winners

Jordan Conner was the fastest runner at Hanau's 10-kilometer race July 28 finishing in 38:04. Meghan Florowski was the fastest female in 43:59. Other winners in the individual categories were: **Men's Open (age 18-29)** — Desmond Rolle, second; Dan Thompson, third; **Men's Seniors (30-39)** — Chris Hart, first; Cesar Garcia, second; Nathan Cuvelier, third; **Men's Masters (50+)** — Gerd Wolf, first; Karl Weisel, second; **Women's Seniors** — Nicole Hart, first; **Women's Masters** — Ann Miracle, first.



Cheryl Hines (from left), Keri Russell and Adrienne Shelly star in "Waitress."

At the movies Aug. 2-16

Baumholder, Wagon Wheel

- Aug. 3 — Gracie (PG-13) 7 p.m.
- Aug. 4 — Pirates of The Caribbean: At World's End (PG-13) 7 p.m.
- Aug. 5 — Ratatouille (G) 4 p.m.
- Aug. 10 — Surf's Up (PG) 7 p.m.
- Aug. 11 — Waitress (PG-13) 7 p.m.
- Aug. 12 — Transformers (PG-13) 4 p.m.

Büdingen, Little

Theater has closed permanently

Dexheim, Rhein

- Aug. 2 — Shrek The Third (PG) 7 p.m.
- Aug. 3 — Fantastic Four: Rise Of The Silver Surfer (PG) 7 p.m.
- Aug. 4 — Pirates of The Caribbean: At World's End (PG-13) 7 p.m.
- Aug. 9 — Mr. Brooks (R) 7 p.m.
- Aug. 10 — Surf's Up (PG) 7 p.m.
- Aug. 11 — Shrek The Third (PG) 1 p.m. Waitress (PG-13) 7 p.m.
- Aug. 16 — Surf's Up (PG) 7 p.m.

Giessen, Skyline

Theater has closed permanently

Hanau, Evening Star

- Aug. 2 — Shrek The Third (PG) 7 p.m.
- Aug. 3 — Transformers (PG-13) 7 p.m. Pirates of The Caribbean: At World's End (PG-13) 9:30 p.m.
- Aug. 4 — Transformers (PG-13) 7 p.m. Mr.



Daniel Radcliffe stars as Harry Potter and Gary Oldman as Sirius Black in "Harry Potter and the Order of the Phoenix."

Brooks (R) 9:30 p.m.

- Aug. 5 — Transformers (PG-13) 7 p.m.
- Aug. 6 — Gracie (PG-13) 7 p.m.
- Aug. 7 — Mr. Brooks (R) 7 p.m.
- Aug. 8 — Pirates of The Caribbean: At World's End (PG-13) 7 p.m.
- Aug. 9 — Gracie (PG-13) 7 p.m.
- Aug. 10 — Harry Potter And The Order Of The Phoenix (PG-13) 7 p.m. Waitress (PG-13) 10 p.m.
- Aug. 11-12 — Harry Potter And The Order Of The Phoenix (PG-13) 7 p.m.
- Aug. 13 — Surf's Up (PG) 7 p.m.
- Aug. 14 — Waitress (PG-13) 7 p.m.
- Aug. 15 — Surf's Up (PG)
- Aug. 16 — Waitress (PG-13) 7 p.m.

Wiesbaden, Taunus

- Aug. 2 — Spider-Man 3 (PG-13) 7 p.m.
- Aug. 3 — Shrek The Third (PG) 4 p.m. The Simpsons Movie (PG-13) 7 p.m. Pirates of The Caribbean: At World's End (PG-13) 9:30 p.m.
- Aug. 4 — TMNT (Teenage Mutant Ninja Turtles) (PG) 4 p.m. The Simpsons Movie (PG-13) 7 p.m. Gracie (PG-13) 9:30 p.m.
- Aug. 5 — The Simpsons Movie (PG-13) 4 p.m. Gracie (PG-13) 7 p.m.
- Aug. 6 — Pathfinder (R) 7 p.m.
- Aug. 7 — Bug (R) 7 p.m.
- Aug. 8 — Pirates of The Caribbean: At World's End (PG-13) 7 p.m.
- Aug. 9 — Gracie (PG-13) 7 p.m.
- Aug. 10 — Meet The Robinsons (G) 4 p.m. The Bourne Ultimatum (PG-13) 7 p.m. Waitress (PG-13) 9:30 p.m.
- Aug. 11 — Surf's Up (PG) 4 p.m. The Bourne Ultimatum (PG-13) 7 p.m. Waitress (PG-13) 9:30 p.m.
- Aug. 12 — Surf's Up (PG) 4 p.m. The Bourne Ultimatum (PG-13) 7 p.m.
- Aug. 13 — Waitress (PG-13) 7 p.m.
- Aug. 14 — Bug (R) 7 p.m.
- Aug. 15 — Gracie (PG-13) 7 p.m.
- Aug. 16 — Spider-Man 3 (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the garrison's website (see address below).

Movie plots

The Bourne Ultimatum (PG-13) — Matt Damon returns as trained assassin Jason Bourne on a hunt to find his past and a way to survive into a future. Along the way through Moscow, Paris, Madrid, London and New York City he must outmaneuver scores of law officers who have him in their crosshairs. Also stars Julia Stiles, Joan Allen and Paddy Considine.

Surf's Up (PG) — This animated action-comedy delves behind the scenes of the high-octane world of competitive surfing. The film profiles teenage Rockhopper penguin Cody Maverick (Shia LaBeouf) as he enters his first pro competition.

Waitress (PG-13) — Jenna (Keri Russell), a waitress at a pie shop, is unhappily married to an abusive husband (Jeremy Sisto) and pregnant with his baby. It leads her to the town's charming new doctor (Nathan Fillion), who she falls into a relationship with in a last attempt at happiness.

The Simpsons Movie (PG-13) — The wacky cast of the longest running television cartoon hits the big screen.

Gracie (PG-13) — A teenage girl overcomes the loss of her brother to achieve her dream of playing competitive soccer at a time when girls' soccer did not exist.

Harry Potter And The Order Of The Phoenix (PG-13) — Harry is about to be expelled from Hogwarts for illegally using magic outside of school and in the presence of a Muggle. He is acquitted, thanks largely to the intervention of Hogwarts' Headmaster, Albus Dumbledore, but finds his integrity questioned.

Transformers (PG-13) — The Transformers brand took the world by storm with its compelling saga of the Autobots versus the Decepticons resulting in a line of toys, a comic book series, television program and an animated feature film.

Meet The Robinsons (G) — Lewis hopes to find the family he never knew. When he encounters a mysterious stranger named Wilbur Robinson, Lewis is in for the time-travel of his life where he meets the fun and futuristic Robinsons.

Pirates Of The Caribbean: At World's End (PG-13) — Johnny Depp, Orlando Bloom and Keira Knightley are back as the age of piracy comes to a close. The trio must sail off the edge of the map, navigate treachery and betrayal, and make their final alliances for one last decisive battle.

Mr. Brooks (R) — Kevin Costner stars as Earl Brooks, a man trying to keep his two incompatible worlds from intersecting by controlling his wicked alter ego Marshall (William Hurt) whom he blames for his wrongdoings. As Mr. Brooks succumbs to one last murderous urge, an amateur photographer (Dane Cook) witnesses the crime and entangles Brooks in a deadly plot. Also stars Demi Moore.

Shrek The Third (PG) — Shrek (voiced by Mike Myers) and Fiona (Cameron Diaz) reign reluctantly over Far, Far Away. But if they can find the heir to the throne, they can return to their swamp. While Shrek, Donkey (Eddie Murphy) and Puss in Boots (Antonio Banderas) are in search of the heir, Fiona holds off a coup d'etat by Prince Charming.



„THE“ OPENAIR(SHOW)EVENT

*The event for the whole family
at Oppenheim Airfield*

Summer sun, blue sky, a moderate breeze, motors humming, eyes turned upward, a stiff neck every now and then and many lasting impressions. All together this makes up a family event with loads of attractions – flying in the sky and firmly on the ground. When and where? From August 24 to 26, 2007, at Oppenheim Airfield located directly on the banks of the Rhine. Presented by GiG FACTORY GmbH, the show invites everybody to experience „flying, rocking & rolling legends“.

For only little money there is a big show at Rhein-Main-Classics on every single day. During the day, the sky is buzzing and droning from various aircraft, at night multi-faceted concerts rock and groove the audience.

Air demonstration teams like the red lacquered formation of the Royal Jordanian Falcons, but also Warbirds, double-deckers, aerobatics, helicopters, model aircraft, hot-air balloons and many possibilities for flight tours – e.g. with an original Junker – see to „flying“ entertainment. At the same time a broad range of down-to-earth attractions are on offer: Oldtimers come „rolling“ along and a „trader mile“ makes shopping hearts beat faster. Friends of culinary delights will find international specialties as well as a wine village. In the professionally supervised „Children’s World“ the little ones will be taken care of during the day.

Rhein-Main-Classics will become the OpenAir(show)Event of the area. And the „wine capital“ of the region, Oppenheim, will become even more known thanks to the two evening events with music for everyone.

On Friday and Saturday, starting at 7.30 pm concerts are scheduled that will rock the airfield visitors. Friday night promises girl power for those under 30 when No Angels mount the stage. The

winning band of the first German „Popstars“ season is back again after a three-year break and presents its new album. Soul power by Rolf Stahlhofen, former front man of Söhne Mannheims, rules the stage on Saturday night. Together with Joy Fleming (critics call here „Germany’s best blues and rock singer“) and Dirk Zöllner (celebrated as „Jesus Christ Superstar“ last year), Stahlhofen lets the air thunder with rhythm ’n blues. Supporting bands will put the heat on the spectators starting at 7.30 pm, the top acts beginning around 10.30 pm. While the stage is modified, the sky will light up with hot balloon glowing and other illuminated air shows.

All in all, there are reasons enough to head for Oppenheim where not only Rhein-Main-Classics is a must but also the idyllic atmosphere along the Rhine and in the vineyards. Located only a few kilometers south of Mainz, Oppenheim lies in the heart of Rhine-Main area and very close to the Rhine-Neckar region.

By the way, Rhein-Main-Classics 2007 is the successor of the International Airshow Oppenheim 2005 which received – as the first German airshow ever – a European award: in February 2006, during the Airshow Convention the European Airshow Council awarded it third place. Beyond that, more than 20,000 visitors and 1.1 million hits on the internet portal www.flugtag.org prove the success with the public.

Extensive, continuously updated program details, background information about airshow participants, ticket sale (prices from 10 to 55 Euro, VIP area from 149 to 399 Euro) and flight tours are available at www.flugtag.org or at www.gig-factory.de.

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Dingle Peninsula

Welcome to Ireland

Dingle, a small peninsula stretching its arm to the western most edge of Ireland, is a quarry of treasures for anyone who likes exploring prehistoric landmarks, stammering through a unique European language or simply relaxing and hiding away from the topmost tourist locations.

Some 2,000 archeological sites blanket these emerald hillsides highlighting mankind's presence from the Mesolithic period (8,000 B.C.), the Iron Age, the Bronze Age all the way to the Great Famine of modern centuries.

The city of Dingle, the heart of the peninsula, is the hub for all excursions. It was established during medieval times as the second largest port on Ireland's west coast to trade with France and Spain. Today, Dingle is a quiet, remote-feeling tourist destination where business owners refer to each other by first names. Guests are welcomed with a local Irish accent, and friendly conversation rivals a few Southern U.S. cities.

The best way to explore the Peninsula's highlights is to rent a car and drive along a circular route, the R559. Driving is half the fun of this trek since the driver sits on the right side of the car. The road winds and narrows to a single lane in a couple of spots requiring tour buses to inch their way between two stone walls. This route is a shorter version than its southern neighbor, the Ring of Kerry, and its completion can be achieved in a few hours or last an entire day depending on how many stops are made.

A good resource for this drive is Rick Steves' The Best of Ireland travel book. Steves includes turn-by-turn directions

for this journey while sharing details on the major sites to explore. Ventry beach, Gallarus Oratory, ring forts and the Blasket Island Culture Center are only a few of the diverse stops along the drive.

Perhaps the only thing outnumbering the archeological places on this peninsula are the rocks lying beneath the surface. These gray stones purge themselves to the grassy surface faster than potatoes can grow creating rugged scenes that are great for pictures and breathtaking for the eyes.

Gaelic as well as English is the official language of Ireland, and Dingle is one of the best preserved areas for this local dialect. Most road signs include both languages, but this is an area of Ireland where information may sometimes be posted only in Gaelic.

Terra firma is not the only place to explore here. The Atlantic Ocean and Dingle Bay await those who want to relish the salty, breezy air. Daytrip fishing excursions, nature trips or dolphin watching cruises can be taken every day during a visit. Ferries carry passengers over to the abandoned Blasket Islands.

To get to Dingle from the European mainland, travelers can fly into Dublin or Shannon airports. Shannon lies in western Ireland not far from Dingle Peninsula. Ryan Air flies into this airport, but not from Frankfurt Hahn. A good alternative is to fly into Dublin, explore a day or two, then drive to Dingle while enjoying the countryside along the way.

By Wendy McCool Lewis





An Orangutan

A Young Hamadryas Baboon

A Gentoo Penguin

GOING TO THE FRANKFURT ZOO

VISIT THE ARTIC, AMAZON IN MINUTES

It may be a small city zoo, about 11 acres, but the Frankfurt Zoo offers visitors a chance to see species and landscapes of the Artic and Amazon in a matter of minutes.

Technically speaking, it could be seconds or as long as it takes for them to move their heads from right to left upon entering the Exotarium.

One of six houses at the zoo, the Exotarium showcases penguins and a polar landscape on the right, while immediately to the left are aquariums highlighting exotic fishes and plants that inhabit the Amazon waters. On the second floor of the house are crocodiles, snakes, insects and lizards that also call the Amazon home.

This is one of the main attractions at the zoo, said Dr. Caroline Liefke, the zoo's public relations officer, who also said about 900,000 people visit the zoo every year.

Another attraction is the "Grzimekhaus" or the Day and Night House. Built in 1978, the Grzimekhaus is still among the largest exhibit of nocturnal animals in Europe, said Liefke.

"The Day and Night House is very specific," she said. "It's very dark, and you can see how night animals live." The Great Ape and Ape Houses show several types of primates in their natural surroundings. Liefke said a new Ape House is currently being built at the zoo and should be finished by the end of the year. The current Ape House was built in 1950, and Liefke said is now too small and does not have trees for the three types of primates

— orangutan, gorilla and baboon.

The zoo is located in the middle of Frankfurt, and in 2008, it will celebrate 150 years. It showcases 500 species with a total of 5,000 animals Liefke said children especially enjoy the seal exhibit where they can see two types of seals flocking above water and then they can go down a tunnel and see them swimming underwater.

There are two restaurants on both sides of the zoo — the snack bar and cafeteria Happy Bär and the Mexican Restaurant Sombrero im Zoo. Both have large terraces where school groups can eat their bagged lunches, or they can sit on benches

at the Great Ape and Ape Houses and enjoy their lunches. The zoo is open every day, with different hours for the summer and winter seasons, which are determined by the time change. Summer hours are 9 a.m. to 7 p.m. Winter hours are 9 a.m. to 5 p.m. Summer or winter, the Exotarium opens at 10 a.m. and the Grzimekhaus at 9:30 a.m. For more information, visit the Frankfurt Zoo's official Web site at www.zoo-frankfurt.de. For navigational systems or global maps, the address is:

Zoo Frankfurt, Alfred-Brehm-Platz 16, 60316 Frankfurt am Main

by Christine June

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DESTINATIONS: Bastogne, Belgium

By Tech. Sgt. Leo Brown



Downtown Bastogne, Belgium, sporting many shops and restaurants, is noisy and colorful. The sidewalks of this 900-year old town are full of people taking in sights and sounds. Scooters buzz by, horns honk and sidewalk cafes are full, as shoppers peruse everything from ice cream shops to jewelry stores.

In the center of Bastogne's busyness is Place McAuliffe, a square named after Brig. Gen. Anthony McAuliffe, who became near and dear to the town's populace during World War II. The square is home to a Sherman tank named Barracuda, now a playground of sorts for children, as they hang on its 75 mm gun, and scramble onto and into its turret.

However, the senior citizens of this town know Barracuda is anything but a novelty. Rather, it is a sober testament to late December of 1944 when Bastogne's air was filled with machine guns and tanks firing. A time when the sidewalks were littered with rubble, shell casings and the dead. A time when a desperate battle raged in and around the town, as Soldiers of the 101st Airborne Division stemmed the tide of the last major German offensive of the war. Unfortunately, Barracuda did not survive the battle, evidenced by jagged holes in its rear and left side armor plating.

During the war, Roger Scohy, 78, lived in Auvélais, about 15 kilometers from Bastogne. He said when American troops occupied the area in September of 1944, the locals became very "festive." He still has a picture of himself atop a Sherman with smiling American Soldiers. "They were very friendly and brought chocolate and chewing gum. Things we did not have for years," he said.

The merriment changed, though, on December 16, as the Germans attacked with tens of thousands of troops and hundreds of tanks, pushing through the Ardennes Forest, heading for the port of Antwerp, Belgium. They hoped to split the American and British forces closing in on Germany, and

Bastogne was a prime target, as it joined several key roads. The GIs there knew they would soon be in for a rough go.

"I was in school at the time," Mr. Scohy said. "I came back home one evening by bicycle and the American troops stopped me. They were making sure no one was a German spy."

On December 21, the Germans surrounded Bastogne and pushed further west, but they never occupied the town, thanks to the dogged efforts of General McAuliffe's GIs. As the temperature dipped to 10 below zero and American supplies ran thin, the German commander, General Heinrich von Luettwitz, demanded the Americans' surrender. To this, General McAuliffe retorted his now famous and somewhat humorous "Nuts!"

The German siege continued, but was broken on Dec. 26, when elements of Gen. George Patton's Third Army, attacking from the south, reached Bastogne.

With a three-hour drive from Ramstein to Bastogne, Airmen and their families can hear more about these and many other stories about the battle and some of the individuals involved.

An information center stands behind Barracuda, where maps show a variety of attractions in Bastogne, a town of 14,000 residents. Sherman tank turrets sit at each end of the town and one of them rests near a Catholic church, Bonne Conduite, built in 1673. Especially interesting is the Bastogne Historical Center, which features a monument, museum and gift shop. Taking Rue Gustave Delperdange from downtown, the center is just a few kilometers outside Bastogne. Signs clearly mark the roads to the center.

The museum has several American and German uniforms, weapons and other artifacts from the battle, and takes about one hour to go through. A 30-minute film on the battle is also available.



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Kyosho RC Plane \$125, Prepaid cell phone \$30.00, Mongoose mtn bike \$85, 195/60R15 tires \$80, 20" TV \$5. Can be seen @ www.the-searhthedaystoremember.com/For_Sale.html or email me @ kmc_for_sale@yahoo.com

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2 Bearded dragons (males) are looking for a new good home. Both are tame and about 1 1/2 year old. Will be sold with everything. They are used to small kids, cats and dogs. Average cost for these animals per week is < 20 euro. Please call 06374-801668 and ask for Betina. Price \$400.00

Female Cat free to a good home, including one litter pans, food and water dishes and a small cat furniture. Please call 06371130895 after 1700hrs to inquire.

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BLUES WITH A PURPOSE!

Lena Mangasser is a 13-year old girl who lives in Glan-Münchweiler, near Ramstein Air Base. She has a form of leukemia called Acute Lymphoblastic Leukemia (ALL). This is a fast-growing cancer of the white blood cells that the body uses to fight infections. In addition to Chemotherapy and Radiation therapy, ALL is frequently treated with Bone Marrow or Blood Cell transplants.

**YOU CAN HELP!
COME GET TESTED, AND
JOIN THE DONOR DATABASE!**



www.hilfe-fuer-lena.de

**Blues Benefit Concert
Saturday, 18 August
in Nanzdietschweiler
Kurpfalzhalles, 8 - 11 p.m.
Entry: 5€ Donation**

featuring

"Andrew and Crew"
www.AndrewAndCrew.de

**Sunday, 26 August
SAME LOCATION
10 a.m. - 4 p.m.
DONOR TESTING**

DKMS (Deutsche Knochenmarkspenderdatei) is the German Bone Marrow Donor Registry



www.dkms.de



DIRECTIONS: From Ramstein AB, take Autobahn A-6 toward Saarbrücken. At Autobahnkreuz Landstuhl-West (Exit 12), take A-62 in the direction of Trier. From A-62, take the Glan-Münchweiler exit (Exit #8). At the end of the off-ramp, go right. Stay on this road for 2.7 km, all the way into Nanzdietschweiler. Continue through the town for 1 km. Near the end of town, you'll see the KURPFALZHALLE (a big yellow building) on the left.

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